

Get care without leaving home

It's easy to get high-quality Kaiser Permanente care when you want it.

Click

E-visit

For common medical issues, answer a series of questions online and get appointment recommendations, self-care advice, or other guidance on what care is right for your situation.

kp.org/wa/onlinecare

Care Chat

Care Chat is an online messaging feature that lets you get real-time medical care from a Kaiser Permanente care provider. It's available 24/7.

kp.org/wa/onlinecare

Email your doctor

You can email your Kaiser Permanente care team nonurgent questions whenever it's convenient for you. You'll get an answer within 2 business days and often that same day.

Sign in at kp.org/wa

Call

Consulting nurse

When you need advice or help figuring out where to get care, our 24/7 consulting nurse service is here for you.

Call **1-800-297-6877** or **206-630-2244 (TTY 711)**.

We're available 24 hours a day, 365 days a year.

Phone appointment

For symptoms or health concerns that don't require an in-person visit, schedule a time to talk with your Kaiser Permanente doctor over the phone.¹ Appointments are often available same day or next day.

To schedule a phone appointment, sign in to your account at kp.org/wa or use the Kaiser Permanente Washington mobile app.

If you have a life-threatening emergency, call 911 or go to the nearest hospital.

For more information about these care options, visit kp.org/wa/getcare.

¹ When appropriate and available.