



Questions about Kaiser Permanente?

Talk to a Kaiser Permanente representative. We're here to help.

Our dedicated team is here to help you make an informed decision and choose a plan that's right for you.

Ask about the essentials – and the membership extras you might not know about

- How our integrated care model benefits you
- Specialty care services
- Special rates on fitness classes, access to popular mental health and wellness apps, and more¹
- Convenient pharmacy options
- How to access care including video visits² and other convenient options

Get in touch

Connect using click to chat on kp.org/memberservices Monday through Friday, 5 a.m. to 8 p.m.



Scan the QR code or visit select.kp.org/2023-oe to see how we can make your care experience better.

1. The services described above are not covered under your health plan benefits and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice. 2. When appropriate and available.