

Kaiser Permanente

Helpful Information and Resources

<p><i>Welcome to Kaiser Permanente</i></p>	<p>Let us walk through the steps it takes to get the most out of your healthcare benefits. It's time to register at Kaiser - New Members can access the following from here: My medical record - Pharmacy Center Appointment Center - My Coverage & Cost - My Message</p>
<p><i>Member Service Contact Center</i> <i>Open 24 Hours a Day, 7 Days a Week - Closed Holidays</i></p>	<p>English: 800-464-4000 Spanish: 800-788-0616 Chinese dialects: 800-757-7585</p>
<p><i>Locate Our Services</i></p>	<p>Find doctors and locations. How to get care: Routine care, Urgent care, Emergency care, Getting care when you travel.</p>
<p><i>Get Care from the Comfort of Home</i></p>	<p>How to connect to your care team through E-visits - Phone appointment - Email Video visits and Mail-order pharmacy - <i>VIDEO VISITS Instruction</i></p>
<p><i>Drugs & Natural Medicines</i></p>	<p>Drug encyclopedia, Natural medicines database, Formulary covered drugs.</p>
<p><i>Temporary ID Card</i></p>	<p>A copy of the enrollment form serves as your temporary Kaiser Permanente member ID. Please keep it until you receive your official member card.</p>
<p><i>Simple Steps</i> <i>to Connect with Your Health</i></p>	<p>Use the convenient features of My Health Manager right from your smartphone or other mobile device. Go to kp.org/registernow to set up your account.</p>
<p><i>Preventive Care</i> <i>Prevention Makes Good Health Possible</i></p>	<p>Kaiser Permanente will cover the services listed on this flier with no copayment, coinsurance, or deductible.</p>
<p><i>Mail Order RX</i></p>	<p>Here is the most convenient way to order most refills without standing in line. On the web at kp.org/rxrefill</p>
<p><i>We're There For You</i> <i>Emergency Medical Services</i></p>	<p>Kaiser Member Service Contact Center Open 24 hours a day, seven days a week. Closed holidays and after 5 p. m. on Christmas Eve, New Year's Eve, and the day after Thanksgiving.</p>
<p><i>Caring for the Whole You</i></p>	<p>Mental health and wellness services</p>
<p><i>Healthy Living Programs</i> <i>Nourish Your Mind and Body</i></p>	<p>Take advantage of these extra perks - from personal health coaching to discounts on alternative medical therapies.</p>