

Getting health care when and where you want it

Your primary care doctor knows you best, but there may be times when you want more immediate or convenient care. Fortunately, as a Kaiser Permanente member, you can choose from many avenues of care.

Kaiser Permanente of Washington mobile app

Download the free app to schedule an appointment with your Kaiser Permanente care team, contact the Consulting Nurse, manage your prescriptions, locate and find wait times for clinics, pharmacies, and labs – and more.

CareClinic by Kaiser Permanente, a walk-in service at Bartell Drugs locations

Access care easily by walking into a CareClinic at 10 Puget Sound area Bartell Drugs locations. No appointment is necessary. Perfect for kids' vaccines, colds or coughs, eye or ear infections, and the regular bumps and scrapes of life. To find the CareClinic nearest you, visit care-clinic.org.

Kaiser Permanente online visits

Get diagnoses of common medical conditions, such as a cold or the flu. Get a diagnosis and, if needed, a prescription online—typically within an hour, and usually at no cost to you. Access online visits anytime at kp.org/wa/onlinevisit.

Consulting Nurse Service, a phone call away 24/7

Not sure what kind of care to seek? Call our Consulting Nurse Service 24/7 at **800-297-6877** for medical advice and where to go for the most appropriate care. There's no copay required for this service. Of course, if you have an emergency, call 9-1-1.

Urgent and emergency care

For life-threatening situations, always call 9-1-1. Otherwise access any of our five Urgent Care Centers for conditions that require prompt attention but do not pose an immediate, serious threat to your health or life. Urgent care costs far less than an emergency room visit.

Urgent Care Centers	Hours
Bellevue Medical Center	24/7
Olympia Medical Center	M-F, 8 a.m.-9 p.m., weekends, 9 a.m.-5 p.m.
Seattle Capitol Hill Campus	24/7
Silverdale Medical Center	M-F, 2 p.m.-10 p.m., weekends, 11 a.m.-7 p.m.
Tacoma Medical Center	24/7

QUESTIONS?

 Contact Member Services at **206-630-4636** or **888-901-4636** (toll free) or email kp.org/wa/memberservices.