

Health Everywhere in San Diego



Kaiser Permanente members have more access to care than ever before. Below are the convenient, high quality health care services and tools we're bringing to the community.

Members are encouraged to call **1-800-290-5000** or **711 (TTY)**, 7 days a week, from 7 a.m. to 7 p.m. to determine the best way to access care.



Telephone Appointments

Do you have a minor health condition? If it doesn't require an in-person medical exam, you may be able to address it with a doctor by phone. You'll get great care, and you'll save time.



Video Visits

Get care from your doctor for yourself or your child wherever you are through Kaiser Permanente video visits. Call 1-800-290-5000 for more information.



Retail Clinics

Quality health care for select services is now just a Target Clinic run away. Have even more access to personalized care—days, evenings, and weekends. No appointment is necessary.

Target Clinic locations include Mission Valley and Vista.



Kp.org

Upgrade your health experience today. Register on kp.org for My Health Manager—a time saving tool that helps you take charge of your health.

Get started at kp.org/register now.

Telephone and Video appointments are not appropriate for emergency conditions, such as severe shortness of breath, severe abdominal pain, severe bleeding, or urgent conditions—like sprains, falls, or cuts needing stitches.

If you reasonably believe you have an emergency medical condition, call 911 or go to the nearest emergency department. An emergency medical condition is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health. For the complete definition of an emergency medical condition, please refer to your *Evidence of Coverage*.