

5 TOP REASONS

why Kaiser Permanente is a good choice



1 OUR TOP PRIORITY IS THE HEALTH OF OUR MEMBERS AND COMMUNITIES

We're committed to helping to support our members by delivering high-quality care when you need it most...whether you need preventive care, specialty care (100+ specialties), or support for ongoing conditions.

2 CONVENIENT CARE ANYTIME, INCLUDING NEW 24/7 VIRTUAL CARE, AND URGENT CARE LOCATIONS WITH EXTENDED HOURS¹

You have many ways to get care when it works for you, whether it's online, by phone, or in-person. Learn more at kp.org/getcare.

- **New 24/7 Virtual Care** with a clinician by phone or video. Other telehealth options include video visits and e-visits, phone visits, and 24/7 advice.
- Email your doctor's office, refill most prescriptions, view lab results...online or with our app
- Doctors, labs, and pharmacy under one roof in many locations
- 20+ facilities across the state, including urgent care locations at our new West Oahu Medical Office at Kapolei, Honolulu Medical Office, and Maui Lani Medical Office. Urgent care extended hours – nights, weekends, and most holidays.

3 CHOOSE OR CHANGE YOUR PERSONAL DOCTOR

Good health begins with building a relationship with your personal doctor. Our more than 600 physicians and providers are among the best, and caring for people is their passion. Many providers accept new patients. Plus, you can change doctors anytime. Find a doctor at kp.org/searchdoctors.

4 HEALTHY EXTRAS

- Fit Rewards program ([visit kp.org/fitrewards](https://kp.org/fitrewards))²
- Discounts on acupuncture, massage therapy, chiropractic, and naturopathy services
- Online action plans to help you lose weight, eat better, stop smoking, and more
- Free wellness coaching over the phone

5 HELP FOR NEW MEMBERS

Once you sign up, it's easy to get started. You can visit kp.org/newmember.

- If you have questions or need help making your first appointment, transferring prescriptions, choosing a doctor, and registering for kp.org, just call us at **808-643-5744**, Monday through Friday, 9 a.m. to 5 p.m. (except holidays).
- You can also search for doctors and facilities at kp.org/doctorsandlocations.



Learn more at kp.org

¹To use the Kaiser Permanente app, you must be a Kaiser Permanente member registered on kp.org.

²Please see kp.org/fitrewards for details.