

Find the care that fits your life.

As a Kaiser Permanente member, you have many ways to get high-quality care when you want it:

Come In

Doctor appointment

Your doctor is your partner in health, and sometimes coming in for a visit is exactly what you need. And Kaiser Permanente medical offices have many services under one roof. So you can get more of what you need in just one trip.



One-stop-shop



Personal connection

Urgent Care

For issues that require prompt attention, you can go to many urgent care or walk-in clinics throughout the region, including our Riverfront medical office in Spokane.*



One-stop-shop



Personal connection



No appt. needed

Click

Care Chat

Care Chat is an online messaging feature that lets you get real-time medical care from a Kaiser Permanente care provider. It's available 7 days a week, 8 a.m. to 10 p.m.



No appt. needed



Care from anywhere



Extended hours

Online visit†

For common medical issues that don't need a physical exam, such as a sore throat or allergies, go online and get a diagnosis and a treatment plan, usually within 2 hours.



No appt. needed



Care from anywhere

Email your doctor

You can email your Kaiser Permanente care team non-urgent questions whenever it's convenient for you. You'll get an answer within 2 business days and often that same day.



No appt. needed



Care from anywhere

Call

Consulting Nurse

When you need advice or help figuring out where to get care, our 24/7 consulting nurse helpline is here for you.



No appt. needed



Care from anywhere



Extended hours



Personal connection

If you have a life-threatening emergency, call 911 or go to the nearest hospital.

For more information about these care options, visit kp.org/wa/getcare.

*Visit kp.org/wa/directory for all care locations available on your plan.

†Prescriptions from online visits must be filled at Kaiser Permanente Washington medical offices or mail order service.