

Kaiser Permanente is here to help you thrive



With Kaiser Permanente, you get high-quality, affordable care that fits your life. Here are some of the top ways we help you live well and thrive.

Care and coverage together

We have one mission – to keep you healthy. And because we’re both a care provider and a health plan, we work to ensure you have the best experience as both a plan member and a patient.

Top-quality care

Kaiser Permanente Washington has been recognized for high-quality care and innovation. To ensure you get the best care possible, no matter where you live, we share our quality care resources with every doctor in our network, including proven treatment guidelines and drug safety information.

Extra support when you need it

If you need help managing a chronic condition or complex health issue, our specially trained nurses are available to assist you. Using phone-based support, and partnering with your personal doctor, they’ll guide you on the steps you need to take to improve your health.

Many ways to get the care you need

You can see your doctor in person or choose from other options:

- Call our 24/7 advice nurse
- Use an online visit¹ for common conditions
- Chat online with a Kaiser Permanente clinician

You can use a neighborhood pharmacy or have refills delivered to you with our mail-order pharmacy. Check out our website features at kp.org/wa/member-tour.

Doctors who are your personal health advocates

Our doctors put members at the center of everything they do. And the community providers who are part of our network share that same dedication. You can browse doctor profiles at kp.org/wa/directory, and choose – or change – your doctor at any time.

Resources to keep you healthy

We offer a program that helps you quit using tobacco, once and for all. And you can get discounts on fitness centers and gear, find tips and recipes on our wellness blog, and join other members at sponsored health events. Go to kp.org/wa for wellness resources.

Switching plans is easy

Changing health plans doesn't need to be a lot of work. Whether you're in the middle of a treatment plan or you're taking a prescription drug, we understand that you have unique needs. We're here to help make switching plans easy.

Call our new member welcome team.

Our dedicated team can help transition your care and prescriptions to Kaiser Permanente. We can also help you find a doctor, answer plan questions, and more.

Call **206-630-0029** or **1-888-844-4607**.

Transfer your prescriptions

It's easy to transfer your prescriptions so your treatment is uninterrupted. Create an account at kp.org/wa to transfer your prescriptions yourself, or call our new member welcome team for help.

Find the right doctor

Finding a new doctor can feel stressful. But our online doctor profiles let you browse the many excellent doctors and convenient locations in your area, even before you enroll. So you can join knowing you've found a doctor who fits your needs, and that you can change your doctor at any time, for any reason. You can choose a doctor online, or call our new member welcome team for help.

Transition your care

Are you currently getting treatment? We can help you transition your care to Kaiser Permanente. You might want help if:

- You have a scheduled surgery.
- You're taking a prescription drug or using medical equipment.
- A baby is on the way! You're pregnant and receiving prenatal care.
- You're following an established treatment plan.
- A health provider is working with you to manage a medical condition.

¹Prescriptions from online visits must be filled at Kaiser Permanente Washington medical offices or mail order service.