

Traveling?

You're covered on the go.



Best options for nonemergency urgent care away from home

Before receiving care outside of the Kaiser Permanente Washington service area, call Member Services at **1-888-901-4636** (TTY 711). They'll help you find the closest care option.

Travel within the Kaiser Permanente Washington service area

Pay your standard copay or coinsurance:

- At the nearest Kaiser Permanente urgent care, Summit PPO preferred in-network urgent care or First Choice Health network provider

Travel in another Kaiser Permanente region

Before receiving care at a Kaiser Permanente facility outside the Kaiser Permanente Washington service area, call Member Services to get a visiting member ID number.

Pay your standard copay or coinsurance:

- At the nearest Kaiser Permanente urgent care
- At the nearest First Choice Health or First Health Network provider

Pay upfront for services, then file for reimbursement:

- At the nearest CVS MinuteClinic® or Concentra urgent care center³

Travel in a state without Kaiser Permanente

Pay your standard copay or coinsurance:

- At the nearest First Choice Health or First Health Network provider
- At the nearest CVS MinuteClinic® or Concentra urgent care center³
- At the nearest urgent care⁴

International travel

- Find the nearest urgent care⁴
- Find the nearest hospital



Call our 24/7 advice line.



Use our 24/7 chat via secure online messaging.¹



Email your Kaiser Permanente care team with nonurgent questions.²



Meet with a clinician by video 24/7 on a smartphone, tablet, or computer.¹ Appointments are optional.



Schedule a phone visit to talk with your doctor, or call to talk with a clinician 24/7.¹

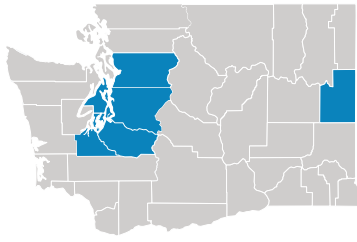
Learn more about these care options at kp.org/wa/getcare.

Emergency care while traveling⁵

- In the United States, call **911**.
- If abroad, call the local emergency number of the country you're visiting, or go to the closest emergency room.
- If admitted to a hospital, call our Hospital Notification Line at **1-888-457-9516** as soon as reasonably possible.

(See network map on back)

Where you can find care

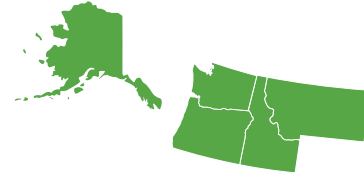


TIER 1: Preferred in-network

King, Kitsap, Pierce, Snohomish, Spokane, and Thurston counties

- Kaiser Permanente clinicians and Summit PPO preferred in-network providers
- Visit kp.org/wa/find-a-doctor and choose the Summit PPO network

Note: Tier 2 cost shares may apply when care is received from a provider within these counties that is not a Kaiser Permanente or Summit PPO preferred in-network provider.



TIER 2: In-network

All other Washington counties and nearby states Alaska, Idaho, Montana, and Oregon

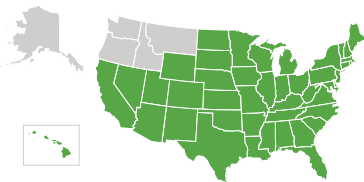
- First Choice Health network
- To find a provider: Go to fch.com/ProviderSearch/KFHPWAO

Other in-network providers

- Visit kp.org/wa/find-a-doctor and choose the Summit PPO network

Anywhere in the United States

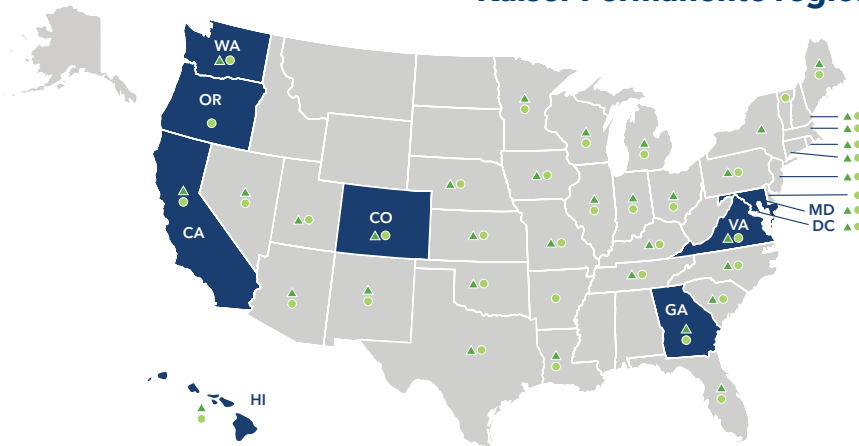
- First Health Network
- To find a provider: Go to myfirsthealth.com. Click "Start now," and fill out type of provider and location information. Click "Search now" to view results.



TIER 3: Out-of-network

- Care from any licensed provider in the United States
- Covered at the out-of-network benefit level; balance billing may apply

Kaiser Permanente regions and other clinics



- Kaiser Permanente regions
- ▲ CVS MinuteClinic® locations
- Concentra locations

Tier 1: Kaiser Permanente clinicians.
Tier 2: CVS MinuteClinic® and Concentra providers

For more information: Call Kaiser Permanente Washington Member Services at **1-888-901-4636** (TTY 711) or visit kp.org/wa/travel.

¹When appropriate and available. If you travel out of state, virtual care could be limited due to state laws that may prevent doctors from providing care across state lines. Laws differ by state.

²This feature is available when you get care from Kaiser Permanente doctors and care teams.

³If you get care at a CVS MinuteClinic®, Concentra urgent care center, or any other urgent care facility within a state where Kaiser Permanente operates, you'll be asked to pay upfront for services you receive and file a claim for reimbursement.

⁴Urgent care services are covered subject to out-of-area cost share.

⁵If you reasonably believe you have an emergency medical condition, which is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health, call 911 or go to the nearest emergency department. For the complete definition of an emergency medical condition, please refer to your Evidence of Coverage.