

# Kaiser Permanente virtual care

## Convenient care from connected teams

Health happens everywhere. Getting quality health care should, too. That's why our health care team can meet employees when and where they need care most.<sup>1</sup> Since our care team can see and update electronic health records, employees can connect with someone who knows their health history.

### Save time and money with \$0 virtual care<sup>2</sup>



There are many ways to get high-quality care over the phone, by video, and online.<sup>1</sup> Even better, most are available at no additional cost from day one.

- **Video or phone appointment** – Schedule a face-to-face video visit or phone appointment with Kaiser Permanente doctors and specialists.
- **E-visit** – Use our online symptom checker for certain conditions and get personalized care advice within a few hours.
- **24/7 advice** – Get on-demand support with 24/7 advice by phone.
- **Email** – Message our care team with nonurgent health questions and get a reply usually within 2 business days.

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Learn more at [kp.org/choosebetter](https://kp.org/choosebetter)

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## Manage your health online

Once enrolled on **kp.org**, your employees can use the Kaiser Permanente app to schedule routine appointments, refill most prescriptions, see most test results, and more – 24/7, all in one place.

## Tap into wellness resources

Live well and thrive with many digital resources – many available at no cost.<sup>4</sup>

### CLASSPASS

Get special rates on thousands of on-demand fitness videos from fitness industry leader **ClassPass**.



Get daily support for improving and maintaining their well-being with the **myStrength** app.<sup>5</sup>



Ease of mind with **Calm**, the #1 app for sleep, meditation, and relaxation.

## Explore our health care plans

None of Kaiser Permanente's virtual care services are add-ons – they're available with every small business medical plan that we offer. For convenient care and the added flexibility of in-person services when you need them – take a look at our health plans today. For more information, contact your broker or Kaiser Permanente representative.



View plans, benefits, and pricing at **account.kp.org**.

1. Kaiser Permanente plans offer virtual care when medically appropriate and available in our service areas. If you travel out of state, virtual care may not be available due to state laws that may prevent doctors from providing care across state lines. Laws differ by state. 2. HSA plans are subject to a deductible for video, phone, and e-visits. 3. \$0 for shipping, and prescription is at a copay. Some exclusions apply. 4. The services are additional added value programs and aren't covered under your health plan and aren't subject to the terms set forth in your *Evidence of Coverage*. These services may be discontinued at any time without notice. 5. myStrength® is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc., and isn't available to Kaiser Permanente Dental-only members.