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From home, work, or anywhere else on your camera-equipped computer, tablet, or smartphone. Just download our app from the App StoreSM or on Google PlayTM, and you're ready to go.

Kaiser Permanente offers the following convenient care options, so you can get the care you need, when and where you need it:

- Email (through kp.org/myhealthmanager)
- Telephone
- Video
- In-person

We're here to help.

During your video visit, your doctor can prescribe medications, if necessary. Save time, stay comfortable, and get the care you need.



Schedule a video visit with your
Kaiser Permanente primary care doctor today.
Call us at **1-800-813-2000**.



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