

# Traveling? You're covered on the go.

## Best options for nonemergency urgent care away from home

Before accessing care outside of the Kaiser Permanente Washington service area, **call Member Services at 1-888-901-4636**.<sup>\*</sup> You'll get help finding the closest care option. You'll also receive a visiting member ID number if you plan to get care at a Kaiser Permanente facility outside the Kaiser Permanente Washington service area.

<sup>\*</sup> (Monday - Friday, 8AM - 5PM Pacific)



## Travel within the Kaiser Permanente Washington service area

- Nearest Kaiser Permanente urgent care
- Other urgent care location in your plan's network

## Travel in another Kaiser Permanente region

- Nearest Kaiser Permanente urgent care
- Other urgent care location in your plan's network

## Travel in a state without Kaiser Permanente

- Nearest CVS MinuteClinic<sup>3</sup> or Concentra urgent care center
- Nearest urgent care<sup>4</sup>

## International travel

- Nearest urgent care<sup>4</sup>
- Nearest hospital

## Emergency care while traveling<sup>5</sup>

- **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.



**Call 24/7** for care advice from a nurse.



**Chat 24/7** with a clinician via secure online messaging.<sup>1</sup>



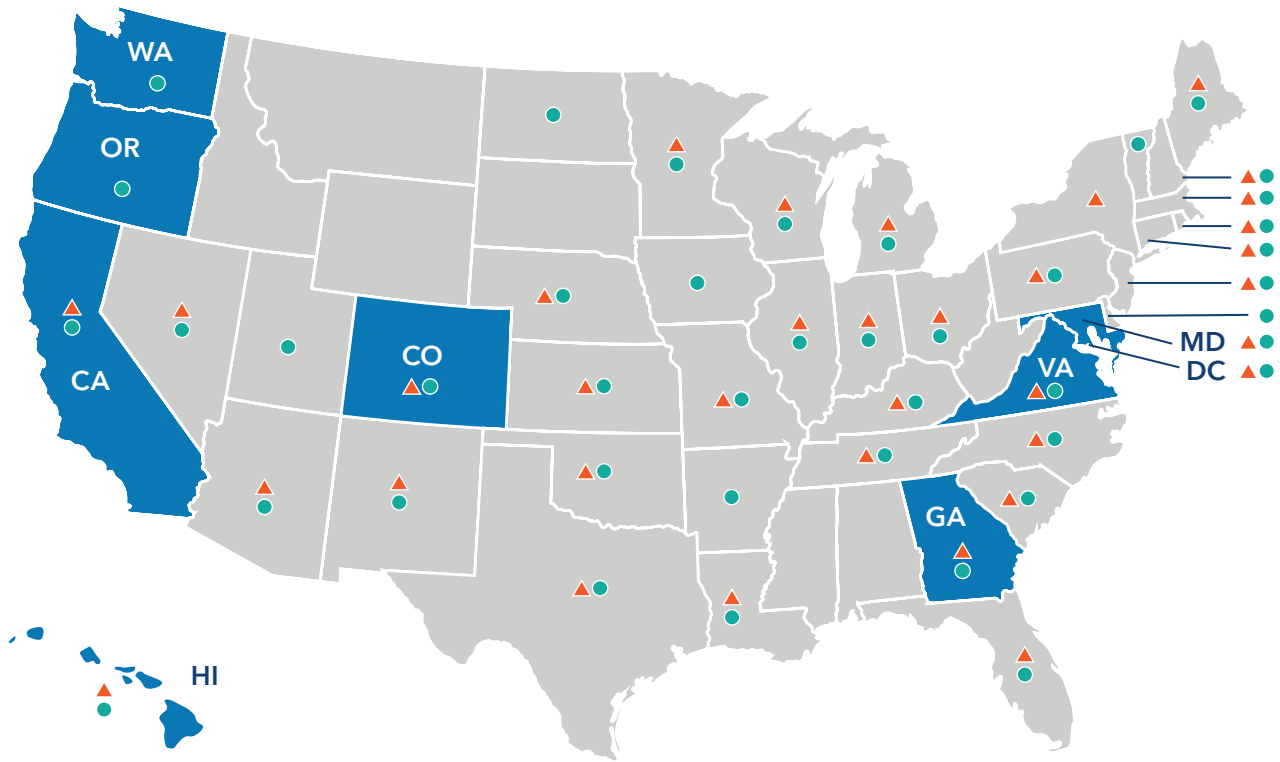
**Email** your Kaiser Permanente care team with nonurgent questions.<sup>2</sup>

Learn more about these care options at [kp.org/wa/getcare](https://kp.org/wa/getcare).


**Helpful hint!** If you are taking medications, be sure to pack an adequate supply. Your doctor may need to approve a one-time larger-than-usual refill. To avoid losing your medicine in case your luggage is lost, carry medicine in your carry-on bags. Be sure to keep your medications in their original container with the prescription on the bottle.

(See network map on back)

# Kaiser Permanente, CVS MinuteClinic, and Concentra locations



■ Kaiser Permanente locations    
 ▲ CVS MinuteClinic locations    
 ● Concentra locations



**For more information:**  
 Call Kaiser Permanente Washington Member Services at **1-888-901-4636** or visit [kp.org/wa/travel](https://kp.org/wa/travel)  
 (Monday - Friday, 8AM - 5PM Pacific)

All plans offered and underwritten by Kaiser Foundation Health Plan of Washington.

<sup>1</sup>When 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.

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

<sup>3</sup>If 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.

<sup>4</sup>Urgent care services are covered subject to out-of-area cost share.

<sup>5</sup>If 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.