

# 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**. You'll get help finding the closest care option. (Monday - Friday, 8AM - 5PM Pacific)



### Travel within the Kaiser Permanente Washington service area

#### Pay your standard copay or coinsurance:

- Nearest Kaiser Permanente urgent care or First Choice Health network provider

### Travel in another Kaiser Permanente region

Before accessing 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:

- Nearest Kaiser Permanente urgent care
- Nearest First Choice Health or First Health network provider

#### Pay upfront for services, then file for reimbursement:

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

### Travel in a state without Kaiser Permanente

#### Pay your standard copay or coinsurance:

- Nearest First Choice Health or First Health network provider
- 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

**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.



**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>

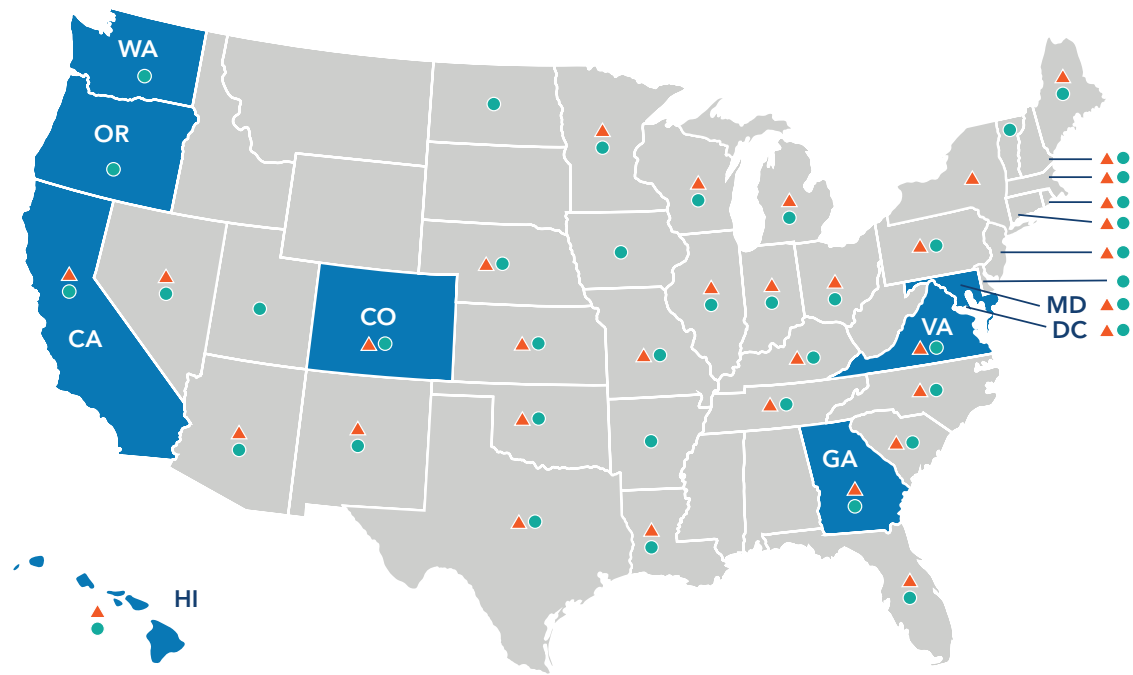
Learn more about these care options at [kp.org/wa/getcare](https://kp.org/wa/getcare).

### 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.

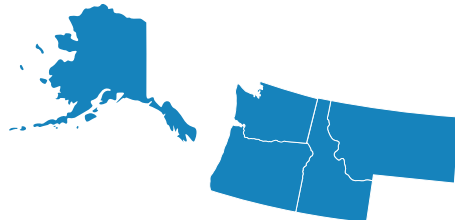
(See network map on back)

# Where you can find care



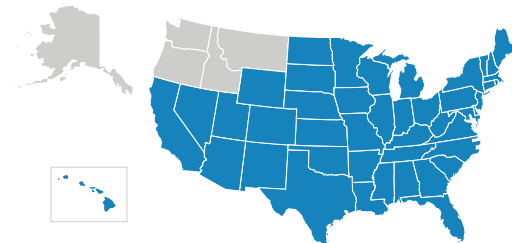
■ Kaiser Permanente locations    
 ▲ CVS MinuteClinic locations    
 ● Concentra locations

**Alaska, Idaho, Montana, Oregon, Washington:**  
First Choice Health network



**To find a provider:** Go to [fch.com](https://fch.com). Click "Find Care" and fill out search information. Select "Entire First Choice Health PPO Network" and view your results.

**All other states:**  
First Health network



**To find a provider:** Go to [myfirsthealth.com](https://myfirsthealth.com). click on "Start now" and fill out type of provider and location information. Click on "Search now" to view results.



## 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)

<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.