

# TRAVELING? YOU'RE COVERED ON THE GO.



**TALK 24/7** with a nurse for care advice.



**CHAT 24/7** with a doctor via secure online messaging.<sup>1</sup>



**EMAIL** your Kaiser Permanente doctor with nonurgent questions.

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



## 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](tel:1-888-901-4636)**.

You'll get help finding the closest care option.

### Travel within the Kaiser Permanente Washington service area

With these options, pay your standard copay or coinsurance:

- Nearest Kaiser Permanente urgent care or First Choice Health provider.
- In Western Washington, you can also go to CareClinic by Kaiser Permanente at Bartell Drugs locations.

### Travel in another Kaiser Permanente region

- Nearest Kaiser Permanente urgent care; pay your standard copay or coinsurance.
- Nearest First Choice Health or First Health network provider; pay your standard copay or coinsurance.
- Nearest CVS MinuteClinic. Pay up front for services, then file for reimbursement.

### Travel in a state without Kaiser Permanente

With these options, pay your standard copay or coinsurance:

- Nearest First Choice Health or First Health network provider.
- Nearest CVS MinuteClinic.<sup>2</sup>
- Nearest urgent care.<sup>3</sup>

### International travel

- Nearest urgent care.
- Nearest hospital.

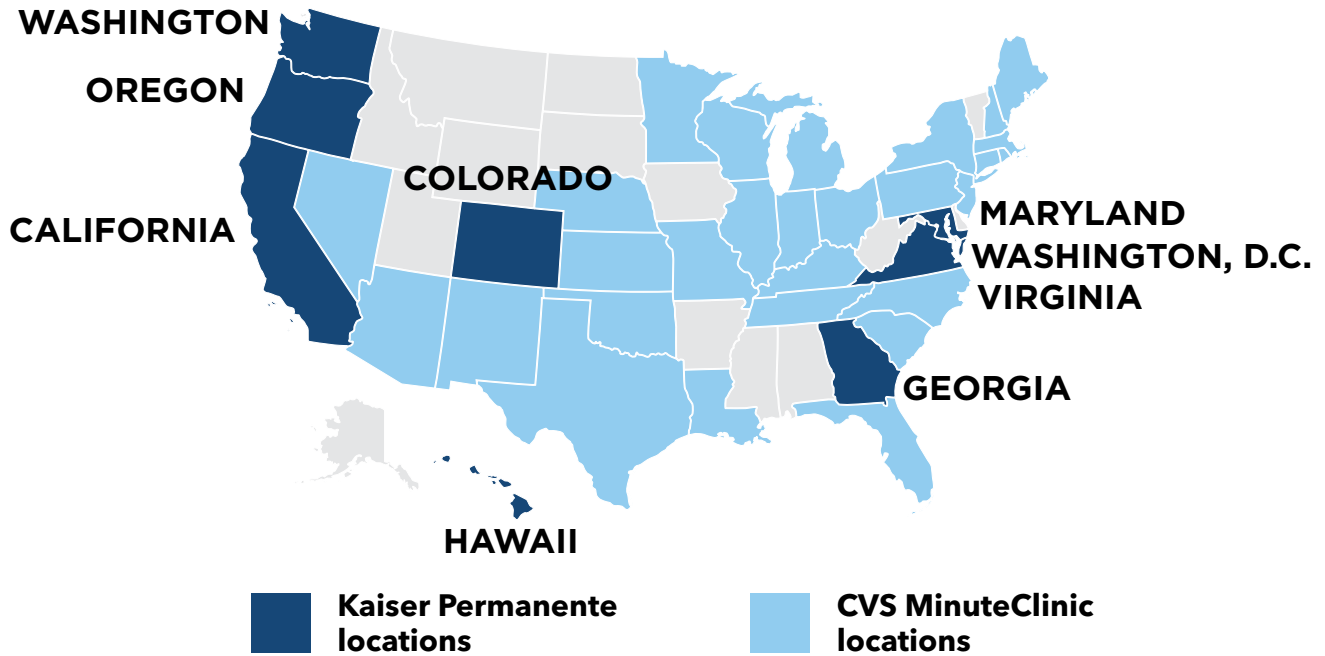


## EMERGENCY CARE AWAY FROM HOME

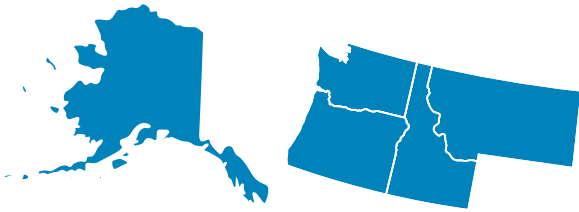
**Call 911 in the United States.** If abroad, call the local emergency number of the country you're visiting or visit the closest emergency room.

**If admitted to a hospital,** call our **Hospital Notification Line at [1-888-457-9516](tel:1-888-457-9516)** as soon as reasonably possible.

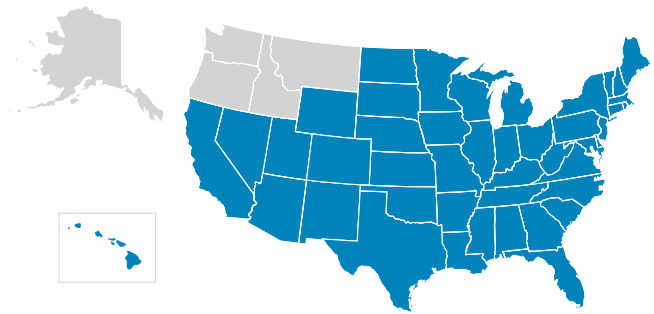
# WHERE YOU CAN FIND CARE



**PACIFIC NORTHWEST:**  
First Choice Health



**ALL OTHER STATES:**  
First Health network



**FOR MORE INFORMATION:**

**CALL** Kaiser Permanente Washington Member Services at **1-888-901-4636**

**VISIT** [kp.org/wa/travel](http://kp.org/wa/travel)

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

<sup>1</sup>Care Chat is available within Washington state.

<sup>2</sup>If you get care at a CVS MinuteClinic or any other urgent care facility within a state where Kaiser Permanente operates, you'll be asked to pay up front for services you receive and file a claim for reimbursement. If you get care at a CVS MinuteClinic outside a state where Kaiser Permanente operates, you'll be charged your standard copay or coinsurance.

<sup>3</sup>Urgent care services are covered subject to out-of-area cost share.