



# telehealth

## Telehealth through Kaiser

Kaiser Medical Plan participants can:

- Get care anytime, anywhere, 24/7/365.
- Talk to a doctor by phone, video chat, computer or Kaiser Permanente mobile app.
- Pay nothing for your visit! (\$0 copay)
- Have a prescription sent to your pharmacy (regular copay applies).
- Get help with minor illnesses like:
  - Cold/Flu
  - Allergies
  - Sinus Infections
  - Rashes
  - Ear Infections
  - Pink Eye
  - Sore Throat
  - Asthma
  - Mental Health Issues
  - and more

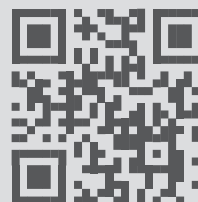
### HOW TO REGISTER

Go to [kp.org/register](https://kp.org/register) and click [Register](#)

- Follow the prompts, enter your personal information, create a password, etc.
- You'll need your Health/Medical Record Number (MRN) from your Kaiser ID card.
- If you cover any children under your plan, be sure to set up caregiver access. Then, you'll be able to join a Video Visit for your child.
- Everyone in your family, regardless of age, will need to register.

### GETTING CARE IS EASY

- Visit [kp.org/myhealth](https://kp.org/myhealth)
- Call [800.464.4000](tel:800.464.4000)
- Mobile App: video visit from a phone or tablet:
  - Download the Kaiser Permanente app from the App Store or Google Play.
  - Sign on to the app using your [kp.org](https://kp.org) user ID and password.
  - Go to Appointments and select the "Upcoming" tab.
  - Select your scheduled Video Visit, then select "Join Now".
- Computer: video visit from a computer:
  - Click the link in your confirmation email or sign on to [kp.org](https://kp.org).
  - Click "Join Your Video Visit" to start your visit.



need  
help?

The Employee Services Team is a call or click away.  
Call [877.262.8050](tel:877.262.8050) or email [employeeservices@cmc.com](mailto:employeeservices@cmc.com)