

GET PEACE OF MIND WITH 24/7 MEDICAL ADVICE

24 hours a day, 7 days a week
Just call **800-777-7904**



Whether it's the middle of the afternoon or the middle of the night, medical advice is just a phone call away. Kaiser Permanente registered nurses will help you with your flu symptoms, cuts and sprains, a baby with a high fever – whatever you have questions about. And there's no extra cost.

The nurse is connected to your Permanente primary care doctor, your health care team, and our urgent care centers, so you'll be guided to the next steps for your care if you need more than the nurse's advice. For medical advice, call **800-777-7904 (TTY 711)**.

If you're not sure what kind of care you need, just call and the nurse will guide you.

Video advice with a doctor

When you call for medical advice, you may be able to have a video visit with a physician trained in emergency medicine, at no extra cost. The visits are for those 18 years and older,

with certain medical conditions. The advice nurse will help determine if your situation is right for a video visit (in winter 2015). You will need a computer or mobile device with a built-in camera and microphone and must be present in Maryland, Virginia, or Washington, DC, during the call.

Stay where you are and let your doctor come to you

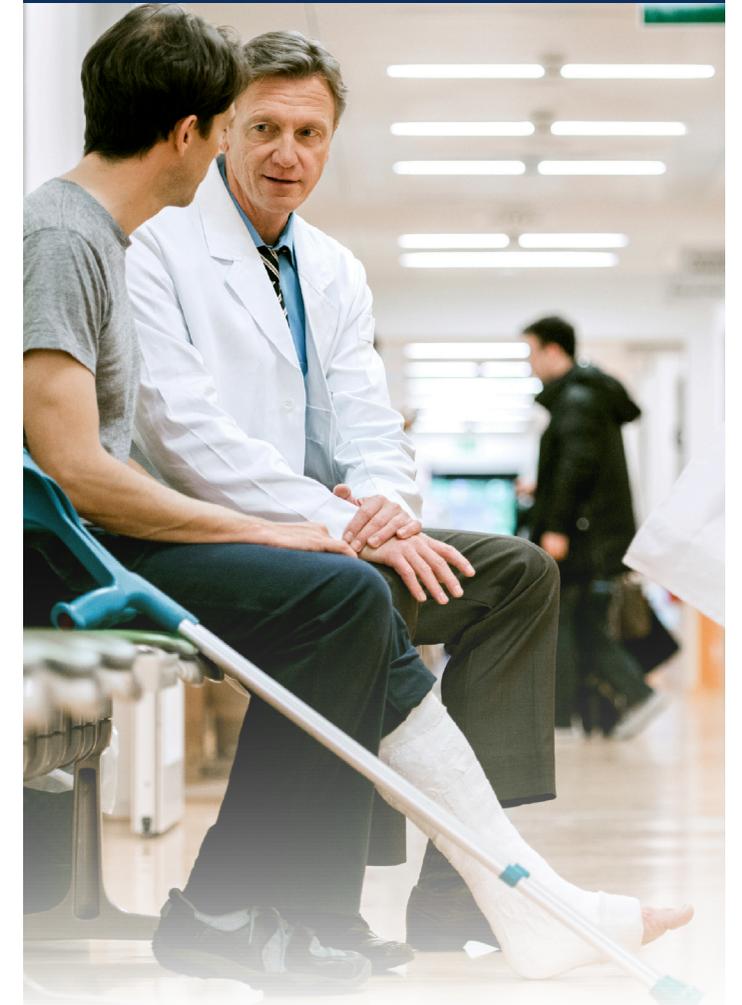
What can you get video medical advice for? Among other conditions:

- Burns
- Skin problems
- Sore throat
- Flu
- Sprains
- Cuts and wounds
- Bug bites
- Back aches
- Visible injuries
- Eye problems
- Vomiting/nausea
- Joint problems
- Bone breaks
- Shingles



Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.
2101 East Jefferson St.
Rockville, MD 20852
60366714 MAS 10/1/15-7/31/16

URGENT CARE HOSPITAL CARE MEDICAL ADVICE



Call **800-777-7904** for medical advice
and urgent care appointments



URGENT CARE

Call **800-777-7904 (TTY 711)** to schedule an appointment, or just come on in for any problem, such as:

- Belly pain
- Breathing trouble
- Broken bones
- Chest discomfort
- Deep cuts
- Earaches
- Eye infections
- Flu
- Rash or skin infections
- Sprains and strains
- Urinary tract infections
- Vomiting, diarrhea, or nausea

These are examples of conditions that could be treated in urgent care. But if you think you are experiencing an emergency medical condition,¹ call **911**.

URGENT CARE CENTERS

Open evenings, weekends, and holidays, urgent care centers are located in MD, VA, and DC.

24/7 URGENT CARE PLUS CENTERS

At Urgent Care PLUS centers, you get:

- Physicians trained in emergency medicine
- Less wait time and lower cost shares² than a typical hospital emergency room
- 24/7 pharmacy and laboratory services
- 24/7 advanced imaging services, including CT, MRI, and ultrasound
- An observation unit where patients can be watched for up to 24 hours

KAISER PERMANENTE URGENT CARE LOCATIONS

Virginia

Manassas Urgent Care

10701 Rosemary Drive, Manassas, VA 20109
5:30 p.m. – 1 a.m. M – F
9 a.m. – 5 p.m. Sa, Su, holidays

URGENT CARE LOCATIONS (CONT.)

Reston Urgent Care

1890 Metro Center Drive, Reston, VA 20190
5 p.m. – 1 a.m. M – F
9 a.m. – 9 p.m. Sa, Su, holidays

Tysons Corner Urgent Care PLUS **24/7**

8008 Westpark Drive, McLean, VA 22102

Woodbridge Urgent Care PLUS **24/7**

14139 Potomac Mills Road
Woodbridge, VA 22192

Maryland

Camp Springs Urgent Care

6104 Old Branch Ave., Temple Hills, MD 20748
5:30 p.m. – 1 a.m. M – F
9 a.m. – 9 p.m. Sa, Su

Gaithersburg Urgent Care PLUS **24/7**

655 Watkins Mill Road, Gaithersburg, MD 20879

Kensington Urgent Care

10810 Connecticut Ave., Kensington, MD 20895
5:30 p.m. – 10 p.m. M – F
9 a.m. – 5 p.m. Sa, Su

Largo Urgent Care PLUS **24/7**

1221 Mercantile Lane, Largo, MD 20774

South Baltimore County Urgent Care PLUS **24/7**

1701 Twin Springs Road, Halethorpe, MD 21227

White Marsh Urgent Care

4920 Campbell Blvd., Nottingham, MD 21236
5:30 p.m. – 1 a.m. M – F
8:30 a.m. – 5 p.m. Sa, Su

Washington, DC

Capitol Hill Urgent Care PLUS **24/7**

700 2nd St., NE, Washington, DC 20002

kp.org/urgentcare/mas

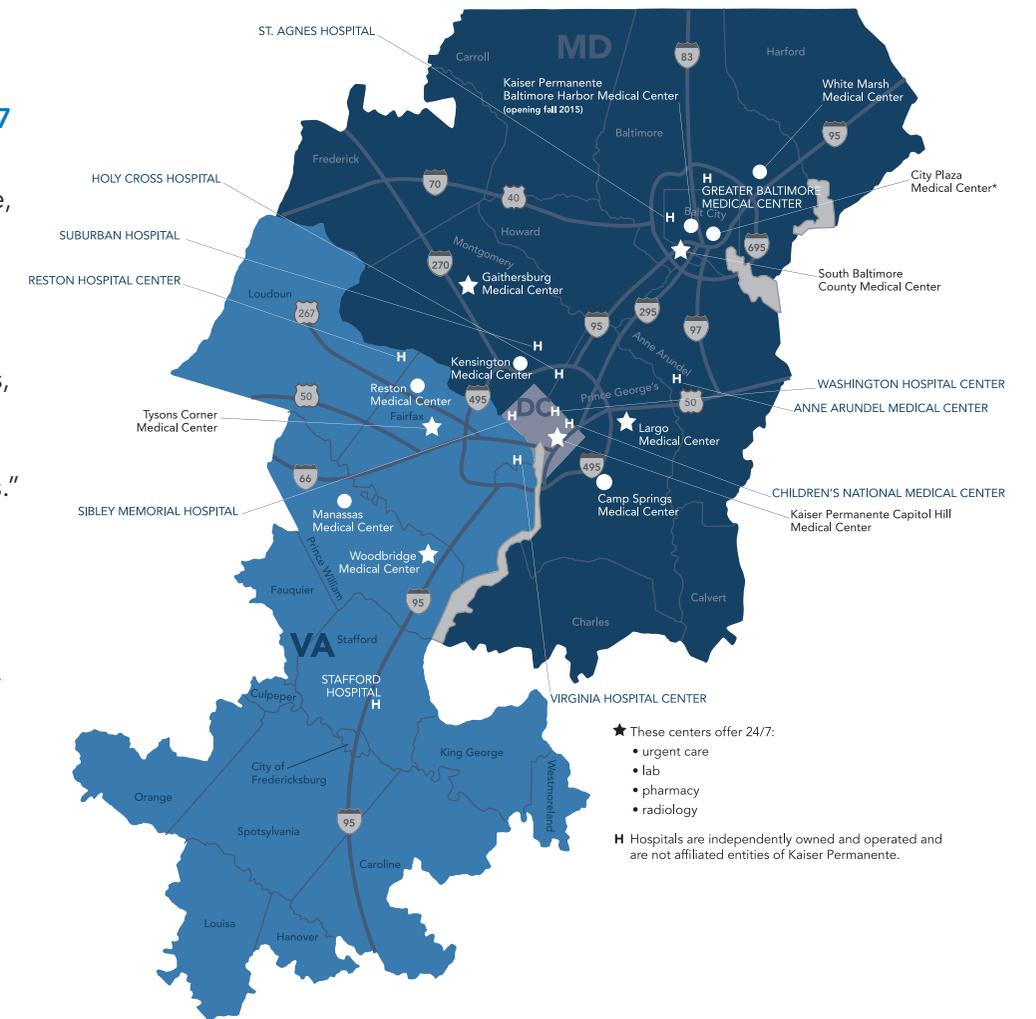
HOSPITAL CARE

Go where Permanente physicians are on call 24/7

When you need inpatient or outpatient hospital care, we've chosen award-winning hospitals to be our partners for coordinating your care (see map). These hospitals, located throughout MD, VA, and DC, are our "premier hospital partners."

Each was carefully chosen based on quality of care, comfort, and service. You can have peace of mind knowing you are cared for by Permanente physicians you can trust, who have your medical history at hand.

To learn more, visit kp.org/premierhospitals.



* All City Plaza services and providers will be relocating to the Baltimore Harbor Medical Center in fall 2015. Please check kp.org/facilities for the most up-to-date listing of the services located at Kaiser Permanente medical centers, or call Member Services.
† Not available for Medicare Plus enrollees.

KAISER PERMANENTE PREMIER HOSPITALS

Virginia

Reston Hospital Center
Stafford Hospital Center
Virginia Hospital Center

Maryland

Anne Arundel Medical Center
Greater Baltimore Medical Center
Holy Cross Hospital
St. Agnes Hospital
Suburban Hospital

Washington, DC

Children's National Medical Center
Sibley Memorial Hospital (labor and delivery only)
Washington Hospital Center

¹An emergency medical condition is one that, in the absence of immediate medical attention, may result in 1) placing the health of the individual (or, with respect to a pregnant woman, the health of the woman or her unborn child) in serious jeopardy, 2) serious impairment to bodily functions, or 3) serious dysfunction of any bodily organ or part. Refer to your Evidence of Coverage, Membership Agreement or federal brochure RI 73-047 for the complete definition of emergency medical conditions.
²Cost share depends upon your plan. For specific information, please check your Membership Agreement, RI 73-047, Evidence of Coverage, or Certificate of Insurance.