



Get peace of mind with medical advice.

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's registered nurses will help you with your flu symptoms, cuts and sprains, or backaches—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

You can 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. You will need a computer or mobile device with a built-in camera and microphone, and you must be present in Maryland, Virginia, Washington, DC, Florida, North Carolina, West Virginia, or Pennsylvania during the call.

See your doctor from home, work, or on the go

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

- Burns
- Skin problems
- Sore throat
- Flu
- Sprains/injuries
- Cuts and wounds
- Bug bites
- Backaches
- Medication questions
- Eye problems
- Vomiting/nausea
- Joint problems
- Bone breaks
- Shingles



Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.
2101 E. Jefferson St., Rockville, MD 20852

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**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 come in if you are experiencing any of the following:

- 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 are treated in Urgent Care. If you think you are experiencing an emergency medical condition,* call **911**.

Urgent Care centers

Open evenings, weekends, and holidays, our Urgent Care centers are located in Maryland, Virginia, and Washington, 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 shares† 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 monitored for up to 24 hours

*An 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.

†Cost share depends upon your plan. For specific information, please check your Membership Agreement, RI 73-047, Evidence of Coverage, or Certificate of Insurance.

Kaiser Permanente Urgent Care locations

Virginia

- 1 Manassas Urgent Care**
10701 Rosemary Drive, Manassas, VA 20109
5:30 p.m.–1 a.m. M–F, 9 a.m.–5 p.m. Sat, Sun, holidays
- 2 Reston Urgent Care**
1890 Metro Center Drive, Reston, VA 20190
5:30 p.m.–1 a.m. M–F, 9 a.m.–9 p.m. Sat, Sun, holidays
- 3 Tysons Corner Urgent Care PLUS**
8008 Westpark Drive, McLean, VA 22102
- 4 Woodbridge Urgent Care PLUS**
14139 Potomac Mills Road, Woodbridge, VA 22192
- 5 Fredericksburg Urgent Care***
1201 Hospital Drive, Fredericksburg, VA 22401
5:30 p.m.–1 a.m. M–F, 9 a.m.–5 p.m. Sat, Sun, holidays

Maryland

- 6 Camp Springs Urgent Care**
6104 Old Branch Ave., Temple Hills, MD 20748
5:30 p.m.–8 a.m. M–F, 24 hours Sat, Sun, holidays
- 7 Gaithersburg Urgent Care PLUS**
655 Watkins Mill Road, Gaithersburg, MD 20879
- 8 Kensington Urgent Care**
10810 Connecticut Ave., Kensington, MD 20895
5:30–1 a.m. M–F, 9 a.m.–9 p.m. Sat, Sun, select holidays
- 9 Largo Urgent Care PLUS**
1221 Mercantile Lane, Largo, MD 20774
- 10 South Baltimore County Urgent Care PLUS**
1701 Twin Springs Road, Halethorpe, MD 21227
- 11 White Marsh Urgent Care**
4920 Campbell Blvd., Nottingham, MD 21236
5 p.m.–1 a.m. M–F, 9 a.m.–5 p.m. Sat, Sun
- 12 Baltimore Harbor Urgent Care**
815 E. Pratt Street, Baltimore, MD 21202
5 p.m.–1 a.m. M–F, 9 a.m.–5 p.m. Sat, Sun, holidays

Washington, DC

- 13 Capitol Hill Urgent Care PLUS**
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 (see map). These hospitals, located throughout Maryland, Virginia, and Washington, 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, and who have your medical history at hand.

To learn more, visit kp.org/premierhospitals.

Kaiser Permanente premier hospitals

Virginia

- 1** Reston Hospital Center
- 2** Stafford Hospital Center
- 3** Virginia Hospital Center

Maryland

- 4** Anne Arundel Medical Center
- 5** Greater Baltimore Medical Center
- 6** Holy Cross Hospital
- 7** St. Agnes Hospital
- 8** Suburban Hospital

Washington, DC

- 9** Children's National Medical Center
- 10** Sibley Memorial Hospital (labor and delivery only)
- 11** Washington Hospital Center

