




Need a quicker path to care?

Choose a Get Care Now option from Kaiser Permanente



Discover our range of 24/7 virtual care services, including E-visits, Get Care Now with a Clinician, and Chat with KP

With our online options, you can get care from the comfort of home—within 2 hours. But which option is right for you? Here's your guide to each service:

Service	What is it?	This option is good for members who...
 E-visit	Answer a brief questionnaire to receive care from a physician. You'll get a response within 2 hours—usually sooner.	Want to get care on their own time for non-urgent medical needs like sore throat, cold/flu, rash, and more.
 Get Care Now with a Clinician	Have an on-demand video or phone visit with a doctor for urgent health concerns—in usually less than 30 minutes. ¹	Want to speak with a physician for urgent care but don't need to be seen in person; this is also a great option when traveling
 Chat with KP	Text chat in real time with an advice nurse or Member Services.	Feel unsure about where to start or how to access care

Get online care for these health matters and more:

- Cold, sinus, and flu-like symptoms
- COVID-19 testing and immunizations
- Emergency contraception²
- Herpes (cold sores or genital)²
- Influenza (flu) shot scheduling
- International travel immunization
- Mental wellness (anxiety and/or depression)²
- Rash (ages 2 months and up)
- STI (sexually transmitted infection) testing²
- Urinary symptoms²
- Vaginal discharge²
- Work or school notes
- **And more**



Ready to get started?

Learn more about these services and our other virtual care options at kp.org/getcare or sign in to your KP account and click Get Care Now.

← Scan the QR code to learn more.



When appropriate and available. If you travel out of state, phone appointments and video visits may not be available in select states due to licensing laws. Laws differ by state. Available for members ages 18 and up.

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. 4000 Garden City Drive, Hyattsville, MD 20785 2025MC0827 MAS 7/31/25-12/31/26