

More care options while you're away from home

No matter where life takes you, Kaiser Permanente has you covered.



Routine care at your fingertips

Use your kp.org account or the Kaiser Permanente app¹ on the go to:

- Get medical advice from a licensed care professional 24/7
- Access care by phone, video, or e-visit—usually at no cost²
- Email nonurgent questions to your doctor's office



Urgent care³

You can get urgent care anywhere in the world. At many locations outside Kaiser Permanente service areas, you'll only pay your copay or coinsurance—no need to file a claim.

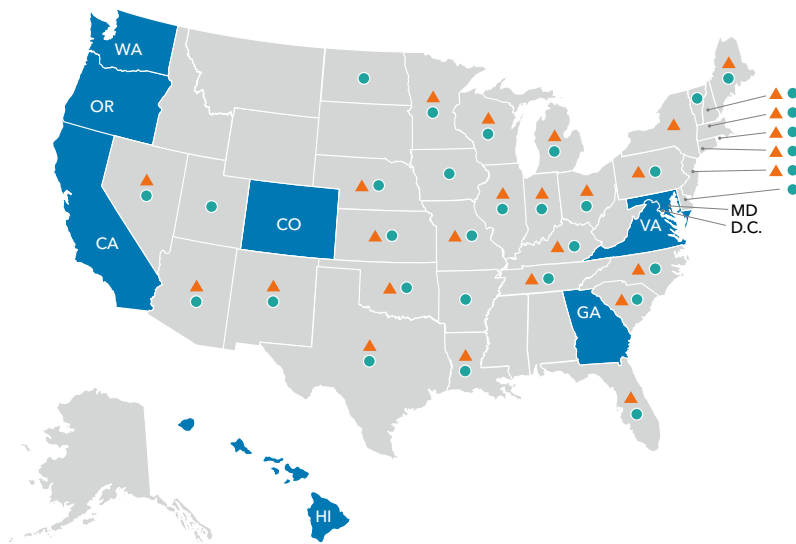
- Cigna HealthcareSM PPO Network⁴ providers
- MinuteClinics®, including pharmacies⁵
- Concentra clinics⁵



Emergency care³

No matter where you are, you can simply go to the nearest emergency room. If it's a Kaiser Permanente location or Cigna Healthcare PPO Network provider, you'll only pay your normal copay or coinsurance.

Find care near you



■ Kaiser Permanente ■ Cigna Healthcare PPO Network
▲ Concentra ● MinuteClinic®, including pharmacies

Support while you're away

Need help finding care or learning what's covered while you're away? Call the Away from Home Travel Line at **951-268-3900** (TTY **711**)⁶ or visit kp.org/travel. If you're traveling internationally and need help locating urgent or emergency care, call **001-951-268-3900** (from a landline phone) or **951-268-3900** (from a mobile device).⁶



¹To use the Kaiser Permanente app, you must be a Kaiser Permanente member registered on kp.org.

²When 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. If you have an HSA-qualified deductible plan, you may need to pay the full charges for scheduled phone appointments and video visits until you reach your deductible. Once you reach your deductible, you won't pay anything for scheduled phone appointments and video visits.

³If you believe you have an emergency medical condition, call 911 or go to the nearest hospital. For the complete definition of an emergency medical condition, please refer to your *Evidence of Coverage* or other coverage documents.

⁴The Cigna HealthcareSM PPO Network refers to the health care providers (doctors, hospitals, specialists) contracted as part of the Cigna Healthcare PPO for Shared Administration.

⁵MinuteClinic and Concentra payment experiences vary by plan.

⁶This number can be dialed inside and outside the United States. Before the phone number, dial "001" for landlines and "+1" for mobile lines if you're outside the country. Long-distance charges may apply, and we can't accept collect calls. The phone line is closed on major holidays (New Year's Day, Easter, Memorial Day, July Fourth, Labor Day, Thanksgiving, and Christmas). It closes early the day before a holiday at 10 p.m. Pacific time (PT), and it reopens the day after a holiday at 4 a.m. PT.

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Learn more at kp.org/travel.

