

Traveling?

You're covered on the go.

Best options for nonemergency urgent care away from home

Before accessing care outside of the Kaiser Permanente Washington service area, call Member Services at **1-888-901-4636**. You'll get help finding the closest care option.



Travel within the Kaiser Permanente Washington service area

Pay your standard copay or coinsurance:

- Nearest Kaiser Permanente urgent care or First Choice Health network provider

Travel in another Kaiser Permanente region

Before accessing care at a Kaiser Permanente facility outside the Kaiser Permanente Washington service area, call Member Services to get a visiting member ID number.

Pay your standard copay or coinsurance:

- Nearest Kaiser Permanente urgent care
- Nearest First Choice Health or First Health network provider

Pay upfront for services, then file for reimbursement:

- Nearest CVS MinuteClinic or Concentra urgent care center³

Travel in a state without Kaiser Permanente

Pay your standard copay or coinsurance:

- Nearest First Choice Health or First Health network provider
- Nearest CVS MinuteClinic³ or Concentra urgent care center
- Nearest urgent care⁴

International travel

- Nearest urgent care⁴
- Nearest hospital



Call 24/7 for care advice from a nurse.



Chat 24/7 with a clinician via secure online messaging.¹



Email your Kaiser Permanente care team with nonurgent questions.²

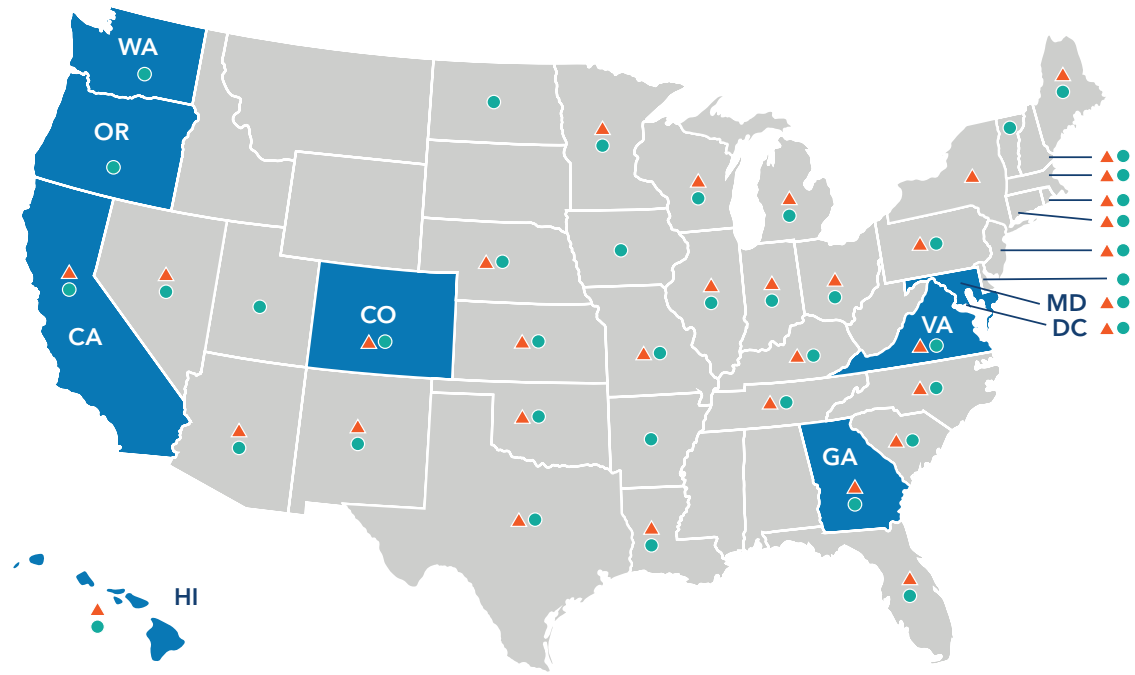
Learn more about these care options at kp.org/wa/getcare.

Emergency care while traveling⁵

- **In the United States**, call 911.
- **If abroad**, call the local emergency number of the country you're visiting or go to the closest emergency room.
- **If admitted to a hospital**, call our Hospital Notification Line at 1-888-457-9516 as soon as reasonably possible.

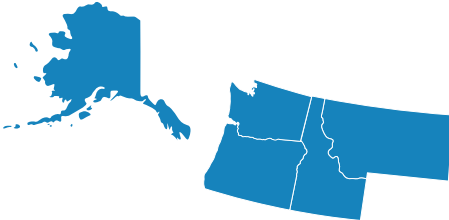
(See network map on back)

Where you can find care



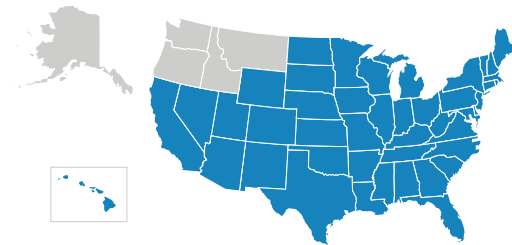
■ Kaiser Permanente locations
 ▲ CVS MinuteClinic locations
 ● Concentra locations

Alaska, Idaho, Montana, Oregon, Washington:
First Choice Health network



To find a provider: Go to fch.com. Click "Find Care" and fill out search information. Select "Entire First Choice Health PPO Network" and view your results.

All other states:
First Health network



To find a provider: Go to myfirsthealth.com. click on "Start now" and fill out type of provider and location information. Click on "Search now" to view results.



For more information:

Call Kaiser Permanente Washington Member Services at **1-888-901-4636** or visit kp.org/wa/travel

¹When appropriate and available. If you travel out of state, virtual care could be limited due to state laws that may prevent doctors from providing care across state lines. Laws differ by state.

²This feature is available when you get care from Kaiser Permanente doctors and care teams.

³If you get care at a CVS MinuteClinic, Concentra urgent care center, or any other urgent care facility within a state where Kaiser Permanente operates, you'll be asked to pay upfront for services you receive and file a claim for reimbursement.

⁴Urgent care services are covered subject to out-of-area cost share.

⁵If you reasonably believe you have an emergency medical condition, which is a medical or psychiatric condition that requires immediate medical attention to prevent serious jeopardy to your health, call 911 or go to the nearest emergency department. For the complete definition of an emergency medical condition, please refer to your Evidence of Coverage.