

A close-up photograph of a young Black woman with short hair, smiling warmly. She is wearing a white and grey striped long-sleeved shirt under a bright yellow apron. She is looking down at a tablet computer she is holding in her hands. The background is a blurred indoor setting, possibly a classroom or office.

# THE DOCTOR WILL SEE YOU **NOW**

**See your doctor face to face, when and where you want—without visiting the office**

Sometimes you have health concerns that need attention, but you're too busy to make a trip to the doctor's office. Using video visits,\* you can meet with your personal doctor and other health care providers face to face from home, from work, and even on the go. They're easy, secure, and part of your coordinated care, so you can always get the care you need—on your terms.



\*Video visits are available to Kaiser Permanente members who have a camera-equipped computer or mobile device and are registered at [kp.org](http://kp.org). You must be present in Maryland, Virginia, or Washington, DC, for video visits with your primary care physician or behavioral health provider. For urgent video visits with an emergency doctor, you may also be present in West Virginia, Florida, North Carolina, or Pennsylvania. For certain medical or mental health conditions. For video visits with a behavioral health provider, appointments can be scheduled for follow-up care.

## GET REMOTE CARE FOR JUST ABOUT ANYTHING

You can have video visits for many kinds of health concerns, including:

- Cold, flu, sore throat
- Allergies
- Nausea, vomiting, diarrhea
- Minor injuries, aches and pains
- Skin conditions
- Urinary issues
- Pink eye (conjunctivitis)
- Sleep and mood issues
- Follow-up care for chronic conditions
- Follow-up care for a condition that is not improving
- Medication questions

Video visits may be suitable for other health concerns—just ask your doctor.

## WHY BOOK A VIDEO VISIT WITH KAISER PERMANENTE?

### \$0 COPAY

Members enrolled in Kaiser Permanente coverage through Fairfax County Public Schools have no copay, coinsurance, or deductible for video visits. And you don't need to take time off work, pay for parking or transportation, or hire a babysitter while you're away at your appointment, which can save you even more money.

### SAVE TIME

Why travel across town? Have your appointment anywhere you can connect with a mobile device—at home, at work, at the gym, and even on the go.

### BOOK ONLINE

You can make video visit appointments online 24/7 by registering at [kp.org](https://www.kp.org). You can also call our appointment line at **1-800-777-7904** (TTY **711**).

### THE DOCTOR IS IN

Meet with your personal doctor, behavioral health provider, and other health care providers from just about anywhere. For urgent health concerns, you can even have video visits with an emergency physician.

### IT'S ALL CONNECTED

Your video visits are an extension of the care you receive at Kaiser Permanente. Thanks to your personal electronic health record, you and all of your health care providers can stay up to date on your current health, medical history, and past appointments.

### FOLLOW-UP CARE MADE EASY

During your video visit, your doctor can schedule follow-up appointments, order lab tests, prescribe medication, and more, ensuring you always get the care you need.

