

You're busy, you should be able to manage your health care how it works best for you. Maybe that means doing most everything online, with the option to see your doctor in-person if you need to. That's why Kaiser Permanente created Virtual Forward, the first-of-its-kind virtual health care plan in the Mid-Atlantic. It's convenient, affordable care for busy people who want to schedule a video or telephone doctor visit without taking time off work. With low monthly premiums, \$0 copays for all virtual care visits by video, phone, advice nurse or email. \$0 copays for your first in-person primary care visit, and for all your preventative visits and services. virtual Forward gives you convenient 24/7 access to Kaiser Permanente's award-winning doctors, including primary specialty and urgent care. And all your post-visit information, prescriptions, lab results, immunization status, emails and more are available and secure with **kp.org** and the KP app. You can also enjoy free access to virtual health and fitness classes, as well as calming self-care apps. Count on Virtual Forward for affordable care when and where you need it. Visit **[kp.org/virtualforward](https://kp.org/virtualforward)** to learn more.