

Save your sick leave and save time

Get care that's easy, convenient, and keeps you on the job

With Kaiser Permanente, you have everything you need to get care without having to miss work. You can:

- Get medical advice by phone 24/7
- Email your doctor with questions and get a reply within 48 hours or sooner
- See your doctor by video visit from work*

If you do have to go to a medical center, you can take care of your health needs in just one visit—see your physician, refill most prescriptions, and even take lab tests and X-rays, all in a single trip.

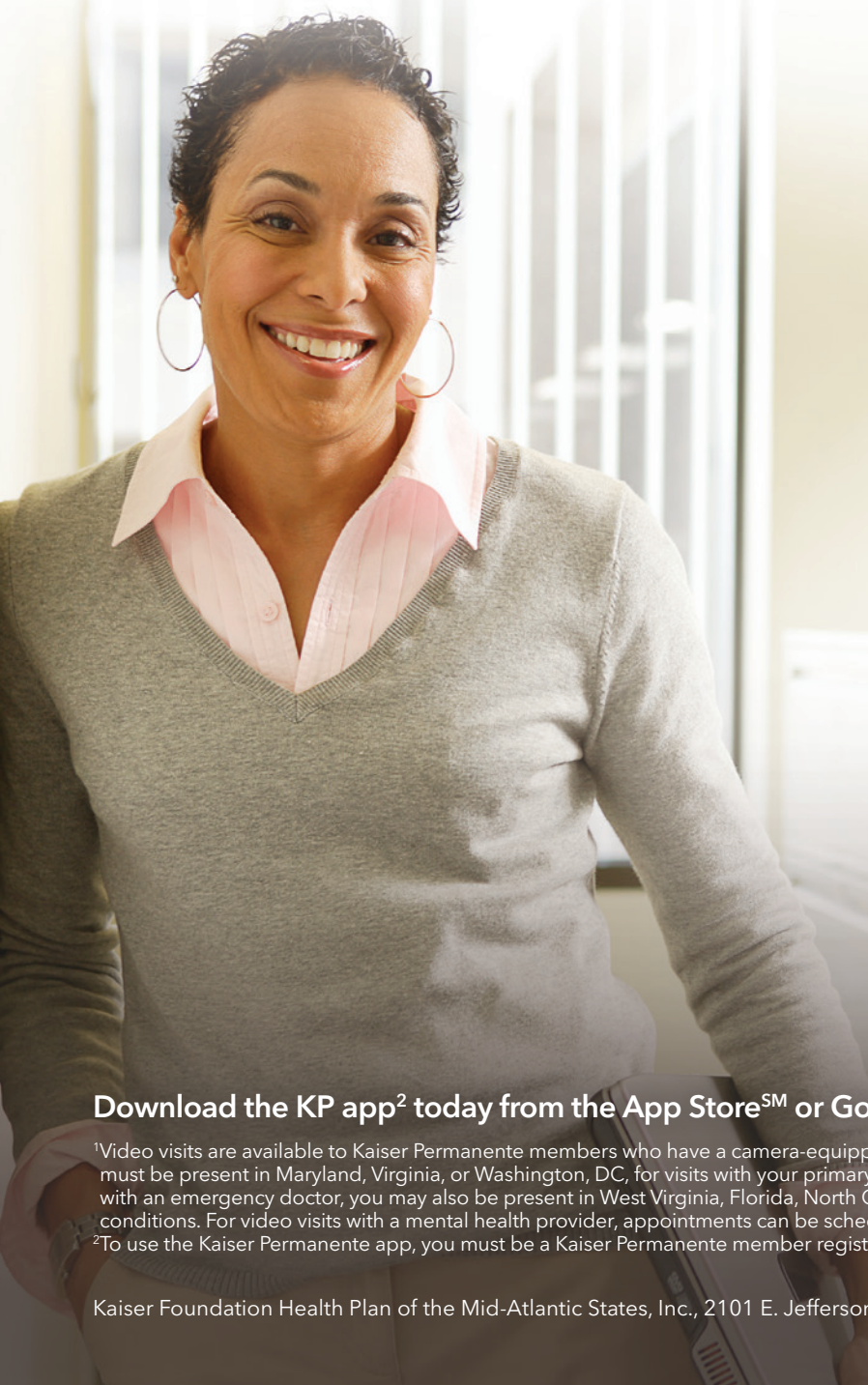
To save even more time and effort, manage your care 24/7 with convenient online resources. Register at [kp.org](https://www.kp.org) and download the KP app, where you'll be able to:

- Schedule and cancel routine appointments
- See most lab results
- Order most prescription refills
- And much more

Care from home, work, or on the go

Why take time off work to drive to the doctor's office and sit in a waiting room? With Kaiser Permanente, you can have a video or phone appointment from anywhere that's convenient for you—home, office, school, and even your car. Video appointments¹ make it easy for you to see your doctor, an emergency medicine doctor, your pediatrician, and even your mental health provider. You can also have appointments by phone with your doctor. Looking for advice, but don't need to speak to the doctor? Medical advice by phone is available 24/7.

These appointments and advice are easy, secure, and part of your coordinated care. Best of all, you get the care you need without having to leave work, saving your sick time and sick leave.



Some of our locations

Abingdon Medical Center

3400 Box Hill Corporate Center
Abingdon, MD 21009
410-515-5440

Kaiser Permanente Baltimore Harbor Medical Center

815 E. Pratt St.
Baltimore, MD 21202
410-637-5700

Gaithersburg Medical Center

655 Watkins Mill Road
Gaithersburg, MD 20879
240-632-4000

Largo Medical Center

1221 Mercantile Lane
Upper Marlboro, MD 20774
301-618-5500

South Baltimore County Medical Center

1701 Twin Springs Road
Halethorpe, MD 21227
410-737-5000

Silver Spring Medical Center

12201 Plum Orchard Drive
Silver Spring, MD 20904
301-572-1000

Towson Medical Center

1447 York Road, Suite 100
Lutherville, MD 21093
410-339-5500

White Marsh Medical Center

4920 Campbell Blvd.
Nottingham, MD 21236
410-933-7600

Kaiser Permanente has several locations with some services available 24/7—Urgent Care, lab, pharmacy, and X-ray are all open around the clock. For additional Kaiser Permanente locations and to find a doctor, go to kp.org/facilities or call Member Services at **800-777-7902 (TTY 711)**.

Download the KP app² today from the App StoreSM or Google PlayTM.

¹Video visits are available to Kaiser Permanente members who have a camera-equipped computer or mobile device and are registered at kp.org. You must be present in Maryland, Virginia, or Washington, DC, for visits with your primary care physician or mental 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 mental health provider, appointments can be scheduled for follow-up care.

²To use the Kaiser Permanente app, you must be a Kaiser Permanente member registered on kp.org.