Whether it's the middle of the afternoon or the middle of the night, medical advice is just a phone call away. Kaiser Permanente's registered nurses will help you with your flu symptoms, cuts and sprains, or backaches—whatever you have questions about. And there's no extra cost.

The nurse is connected to your Permanente primary care doctor, your health care team, and our Urgent Care centers, so you'll be guided to the next steps for your care if you need more than the nurse's advice. For medical advice, call 800-777-7904 (TTY 711).

If you're not sure what kind of care you need, just call and the nurse will guide you.

**Video advice with a doctor**
You can have a video visit with a physician trained in emergency medicine, at no extra cost. The visits are for those 18 years and older, with certain medical conditions. The advice nurse will help determine if your situation is right for a video visit. You will need a computer or mobile device with a built-in camera and microphone, and you must be present in Maryland, Virginia, Washington, DC, Florida, North Carolina, West Virginia, or Pennsylvania during the call.

**See your doctor from home, work, or on the go**
What can you get medical advice for by video? Among other conditions:

- Burns
- Skin problems
- Sore throat
- Flu
- Sprains/injuries
- Cuts and wounds
- Bug bites
- Backaches
- Medication questions
- Eye problems
- Vomiting/nausea
- Joint problems
- Bone breaks
- Shingles

Get peace of mind with medical advice.
Call 800-777-7904.
Kaiser Permanente Urgent Care locations

Virginia
1. Manassas Urgent Care
   10701 Rosemary Drive, Manassas, VA 20109
   5:30 p.m.—1 a.m. M–F, 9 a.m.—5 p.m. Sat, Sun, holidays
2. Reston Urgent Care
   1890 Metro Center Drive, Reston, VA 20190
   5:30 p.m.—1 a.m. M–F, 9 a.m.—9 p.m. Sat, Sun, holidays
3. Tyson’s Corner Urgent Care PLUS
   8008 Westpark Drive, McLean, VA 22102
4. Woodbridge Urgent Care PLUS
   14139 Potomac Mills Road, Woodbridge, VA 22192
5. Fredericksburg Urgent Care
   Opening January/February 2017
   1201 Hospital Drive, Fredericksburg, VA 22401
   5:30 p.m.—1 a.m. M–F, 9 a.m.—5 p.m. Sat, Sun, holidays

Maryland
6. Camp Springs Urgent Care
   6104 Old Branch Ave., Temple Hills, MD 20748
   5:30 p.m.—9:30 a.m. M–F, 24 hours Sat, Sun, holidays
7. Gaithersburg Urgent Care PLUS
   655 Watkins Mill Road, Gaithersburg, MD 20879
8. Kensington Urgent Care
   10810 Connecticut Ave., Kensington, MD 20895
   5:30–11:00 a.m. M–F, 9 a.m.—9 p.m. Sat, Sun, select holidays
9. Largo Urgent Care PLUS
   1221 Mercantile Lane, Largo, MD 20747
10. South Baltimore County Urgent Care PLUS
    1701 Twin Springs Road, Halethorpe, MD 21227
11. White Marsh Urgent Care
    4920 Campbell Blvd., Nottingham, MD 21236
    5 p.m.—1 a.m. M–F, 9 a.m.—5 p.m. Sat, Sun
12. Baltimore Harbor Urgent Care
    Opening January/February 2017
    815 E. Pratt Street, Baltimore, MD 21202
    5 p.m.—1 a.m. M–F, 9 a.m.—5 p.m. Sat, Sun
13. Capitol Hill Urgent Care PLUS
    700 2nd St. NE, Washington, DC 20002

To learn more, visit kp.org/urgentcare/mas

Kaiser Permanente premier hospitals

Virginia
1. Reston Hospital Center
2. Stafford Hospital Center
3. Virginia Hospital Center

Maryland
4. Anne Arundel Medical Center
5. Greater Baltimore Medical Center
6. Holy Cross Hospital
7. St. Agnes Hospital
8. Suburban Hospital

Washington, DC
9. Children’s National Medical Center
10. Sibley Memorial Hospital
11. Washington Hospital Center

Call 800-777-7904 (TTY 711) to schedule an appointment, or come in if you are experiencing any of the following:
- Belly pain
- Breathing trouble
- Broken bones
- Chest discomfort
- Deep cuts
- Earaches
- Eye infections
- Flu
- Rash or skin infections
- Sprains and strains
- Urinary tract infections
- Vomiting, diarrhea, or nausea
- Breathing trouble
- Belly pain
- Earaches
- Deep cuts
- Breathing trouble
- Belly pain
- Earaches
- Deep cuts
- Breathing trouble
- Belly pain
- Earaches
- Deep cuts
- Breathing trouble
- Belly pain
- Earaches
- Deep cuts
- Breathing trouble
- Belly pain
- Earaches
- Deep cuts
- Breathing trouble
- Belly pain
- Earaches
- Deep cuts

These are examples of conditions that are treated in Urgent Care. If you think you are experiencing any of the following:
- Less wait time and lower cost shares† than a typical hospital emergency room
- Physicians trained in emergency medicine
- 24/7 pharmacy and laboratory services
- 24/7 advanced imaging services, including CT, MRI, and ultrasound
- An observation unit where patients can be monitored for up to 24 hours

* An emergency medical condition is one that, in the absence of immediate medical attention, may result in 1) placing the health of the individual or, with respect to a pregnant woman, the health of the woman or her unborn child in serious physical danger, 2) serious impairment to bodily functions, or 3) serious dysfunction of any bodily organ or part. Refer to your Evidence of Coverage, Membership Agreement or federal brochure RI 73-047 for the complete definition of emergency medical conditions.
† Cost share depends upon your plan. For specific information, please check your Membership Agreement, RI 73-047, Evidence of Coverage, or Certificate of Insurance.

Hospital care

Go where Permanente physicians are on call 24/7

When you need inpatient or outpatient hospital care, we’ve chosen award-winning hospitals to be our partners for coordinating your care (see map). These hospitals, located throughout Maryland, Virginia, and Washington, DC, are our premier hospital partners.

Each was carefully chosen based on quality of care, comfort, and service. You can have peace of mind knowing you are cared for by Permanente physicians you can trust, and who have your medical history at hand.

To learn more, visit kp.org/premierhospitals.

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