



OAHU

New member guide

Find a doctor and learn
more about accessing care.

kp.org/newmember

 KAISER PERMANENTE®



Getting started	3
Membership card	3
Create your account	4
Choose your doctor	5
Transfer prescriptions	6
Pharmacy services	7
Pick up your prescription	7
Prescription delivery	7
Non-preferred medications	7
Accessing care	8
Routine care	9
Specialty care	10
Self-service specialties	10
Mental health	10
Optometry	11
Physical therapy	11
Sports medicine	11
Dermatology	12
Medical dermatology	12
Acne-related concerns	12
Cosmetic dermatology	13
Laboratory and diagnostic imaging	13
Women's health	13
Exams and screenings	13
Maternity care	14
CenteringPregnancy®	14
Urgent care	14
Emergency care	15
Healthy living resources	16
Locations	18
Contact us	22

Welcome

Mahalo for choosing Kaiser Permanente. Keep this guide handy as a quick reference to get the most out of your new plan. We're here to provide care and coverage that fits your life – with you and your family at the center of everything we do. We're built to be different and better.

Care that works together

Enjoy the convenience of care and coverage under one roof. At many Kaiser Permanente facilities, you can see your doctor, get labs, and fill prescriptions in a single visit – all supported by a connected system that saves you time.

Award-winning doctors

Finding a great doctor is easy. Many of our physicians were named Castle Connolly Top Doctors and Rising Stars – the most of any health system in Hawaii.¹ Across Kaiser Permanente, your doctors use a shared electronic health record to collaborate and support your care every step of the way.

Care your way

With 24/7 virtual care available across the U.S., you can connect with a Kaiser Permanente clinician anytime, without an appointment. You can also choose to visit your doctor by video, phone, or in person.

Get started. Check these off your list.

- ✓ Create your kp.org account
- ✓ Choose your doctor
- ✓ Transfer prescriptions
- ✓ Get care



kp.org/newmember

¹To view list, visit kp.org/bestdoctors/hi.

This guide is not intended for Medicare and QUEST (Medicaid) members. Some web addresses, content, and services in this guide may be available in English only. For help in your language, you may request language assistance at no cost by calling Member Services at 1-800-966-5955 (TTY 711).



Getting started

Start making the most of your membership by visiting kp.org/newmember.

Membership card

You should have received your Kaiser Permanente member ID card by now. Your medical record number is on the front and is unique to you. Use your medical record number to register on kp.org, book appointments, get prescriptions, and access care.

If you have not received your member ID card via mail, call our Member Services team at **1-800-966-5955 (TTY 711)** and they will mail it to you.

Digital member ID card

Your digital member ID card is an electronic version of your physical card. Use it to check in for care, pick up prescriptions, and access your family's membership details. Download the Kaiser Permanente mobile app to access your digital member ID anytime. Register, log in, and then tap **Member ID**.

Learn more and download now

kp.org/mobile



Create your account

Going online helps save you time. With **kp.org**, you can securely access tools and resources to help you manage your care.¹

- View most lab test results and vaccination records
- Refill most prescriptions
- Message your doctor's office with nonurgent questions
- Schedule and cancel routine and certain specialty appointments
- Pay medical bills and get cost estimates
- Manage a family member's health care²

Register on a computer

1. Go to kp.org/register
2. Select **Create your account**
3. Follow prompts to register
4. Sign in and you'll be guided through the welcome steps

Register on the Kaiser Permanente app

1. On a mobile browser, visit kp.org/mobile to download the Kaiser Permanente app
2. Tap **Register** and follow prompts to **Create your account**
3. Sign in and you'll be guided through the welcome steps

To register, you will need your medical record number, which you can find on your member ID card.

Act for a family member

Conveniently manage the health of your family members and others you care for. With caregiver access, you can schedule appointments, refill prescriptions, view test results, and message doctors. To manage your family list or add a caregiver for yourself, visit kp.org/actforfamily.

If your caregiver is not a Kaiser Permanente Hawaii member, they'll need to create a Kaiser Permanente caregiver account at kp.org/register. Learn more at kp.org/caregiver.

¹These features are available when you get care at Kaiser Permanente facilities.

²Online features change when children reach age 14. Teens are entitled to additional privacy protection under state laws. When your child turns 14 years old, you will still be able to manage care for your teen, with modified access to certain features.

Getting started



Choose your doctor

Each covered family member can choose a personal doctor with any of these primary care options: Family medicine, Internal medicine, Pediatrics (for ages up to 21), or Obstetrics-gynecology (ob-gyn). Women ages 18+ can select an ob-gyn doctor in addition to a primary care doctor.

Meet our doctors

Visit kp.org/doctors or scan the QR code to browse doctor profiles – learn about their language(s), credentials, and where they practice. When browsing, filter by the location convenient to you then select your preferences and see if they're accepting new patients. Click **Choose me** to select your Kaiser Permanente personal doctor.¹

Browse doctor profiles

kp.org/doctors



Schedule your first appointment

Once you've selected a Kaiser Permanente personal doctor right for you and your family, schedule your appointment:

- Online: kp.org/appointments
- Mobile app: Go to **Appointments**
- Call: 1-833-833-3333 (TTY 711)

Change doctors anytime

If you want to change to another Kaiser Permanente doctor at any time, for any reason, it's easy to choose a new doctor online, by phone, or the Kaiser Permanente app.

¹Call 1-833-833-3333 (TTY 711) to select and schedule an appointment with your Obstetrics-gynecology (ob-gyn) doctor.

Transfer prescriptions

Transfer your current prescriptions to a Kaiser Permanente pharmacy of your choice.

To transfer your prescriptions:

- Online: kp.org/newmember – navigate to **Transfer your prescriptions**.
- Phone: **808-643-5744 (TTY 711)**, Monday through Friday, from 9 a.m. to 5 p.m. (except holidays). Call us right away if you have prescriptions to transfer.

Have the following information ready when you call or go online:

- Your Kaiser Permanente medical record number
- The name and telephone number of your current pharmacy
- The name of your medication(s), strength, and directions for use
- The prescription number
- The name and phone number of the doctor who prescribed the medication

New member support

We've made it easy to get started with Kaiser Permanente. Register at kp.org and you'll be guided through the welcome steps. If you prefer to speak to someone, call **808-643-5744 (TTY 711)**.



Pharmacy services

You can get your prescriptions in the way that's most convenient for you – pick up in person or delivered to your door. Learn more at kp.org/pharmcyservices.

Pick up your prescription

Pick up your prescriptions at select Kaiser Permanente facilities. For your convenience, you may also fill prescriptions at select affiliate pharmacies. To find a location near you, visit kp.org/facilities then add keyword **Pharmacy**.

Prescription delivery¹

Skip the trip to the pharmacy and get most of your prescriptions sent right to your door. You may be able to order 3 months of prescriptions for the price of 2 – and we'll cover the postage. If this is your first time using the mail order service, create your online account and transfer your prescriptions at kp.org/newmember.

To begin a prescription order:

- Online: kp.org/refill – check your order status anytime
- Mobile app: Go to **Pharmacy**
- Call: **808-643-RxRx (808-643-7979)** – 24/7 Automated Refill Center

Non-preferred medications

If a prescription is not on the Kaiser Permanente formulary, you have 3 options:

1. Ask your doctor for an alternative drug that is on the formulary.
2. Ask your doctor for a formulary exception. If your doctor determines the drug medically necessary, they can request an exception for coverage.
3. Pay the full cost out of pocket.

¹For certain drugs, you can get prescriptions mailed to you through the Kaiser Permanente mail-order pharmacy. You should receive them within 5 business days. If not, please call 808-643-7979 (TTY 711), 24 hours a day, 7 days a week. There are restrictions for delivery of certain medications and supplies, including but not limited to controlled medications, injections, medications affected by temperature, and medications excluded by Kaiser Permanente's Pharmacy & Therapeutics Committee.

Accessing care

Get the care you need, the way you want it. Whether you prefer in-person care or telehealth, it's convenient, connected, and designed to support you.¹ To access all your online care options, you'll need to create a kp.org account then sign in online or through the Kaiser Permanente mobile app.

Choose the right care

You have access to a full range of services for different types of care. Knowing when to use routine, urgent, and emergency care can save you and your family time and money. Choose your care at kp.org/getcare.

Care away from home

Travelling or going out-of-state for college? Get the care and prescriptions you need, wherever you are. To learn more, visit kp.org/travel or call the travel line at **951-268-3900 (TTY 711)**.²

Care is a call or click away

- To get care – in-person, by phone, or online – simply sign-in at kp.org or use the Kaiser Permanente app.³
- You can also call **1-833-833-3333 (TTY 711)**, 24 hours a day, 7 days a week.
- Learn more about your care options at kp.org/getcare.



¹When appropriate and available. If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors from providing care across state lines. Laws differ by state.

²This number can be dialed from both inside and outside the United States. Before the phone number, dial "001" for landlines and "+1" for mobile lines if you're outside the country. Long-distance charges may apply, and we can't accept collect calls. The phone line is closed on major holidays (New Year's Day, Easter, Memorial Day, July Fourth, Labor Day, Thanksgiving, and Christmas). It closes early the day before a holiday at 10 p.m. Pacific time (PT), and it reopens the day after a holiday at 4 a.m. PT.

³These features are available to Kaiser Permanente members who receive care from Kaiser Permanente. To use the Kaiser Permanente app, you must be a member registered on kp.org.



Routine care¹

Stay on top of your health by identifying potential issues early and preventing illness before it starts. Routine care includes regular visits and screenings that support long-term wellness and help manage existing conditions. Examples of routine care include:

- Checkups
- Follow-up visits
- Preventive screenings
- Flu shots and other immunizations

Care options:



Scheduled office visit

Schedule an appointment to see your primary care doctor or a specialist. In general, specialty care is by referral.



Scheduled phone or video visits

Schedule an appointment to talk with your doctor, specialist, or an available clinician over the phone or video.



Message your doctor

Message your doctor's office with nonurgent health questions anytime. You'll usually get a response within 2 to 3 business days.

¹You must get covered services from plan providers except for authorized referrals, emergency care, and out-of-area urgent care, or as otherwise described in your Evidence of Coverage (EOC). If you use providers that are not in our network, the plan may not pay for these services.

Specialty care

Getting specialty care is easier because our doctors are all on the same team – connected through an electronic medical record system, ensuring coordinated, high-quality care.¹

You don't need a referral for self-service specialties. For other types of specialty care, your personal doctor will help you get the right care, quickly and conveniently. To learn more:

- Online: kp.org/hawaiispecialty
- Call: **1-833-833-3333 (TTY 711)**

Self-service specialties

Most specialty care at Kaiser Permanente requires a referral from your primary care doctor. However, select services and departments allow self-referral, meaning you can make an appointment without seeing your doctor first. These self-service specialties include, but are not limited to:

Mental health

Get care that fits your needs. When you call, we'll assess your situation and, if appropriate, connect you with a mental health or addiction medicine specialist for a phone, video, or in-person visit. This service is for nonurgent mental health or addiction concerns. To learn more, visit kp.org/mentalhealth. For mental health support:

- Call: **808-432-7600**, Monday through Friday, 8 a.m. to 5 p.m.
- Call: **1-833-833-3333 (TTY 711)** for after-hours care
- If you need addiction or mental health-related crisis support, call or text the 24/7 National Suicide and Crisis Lifeline: **988 (TTY 711)**²

¹To find out what specialists require a referral from your primary care doctor, please refer to your Evidence of Coverage (EOC).

²The lifeline is provided by the Substance Abuse and Mental Health Services Administration.

Self-service specialties (continued)

Optometry

Our optometry team provides routine vision exams for eyeglasses and contact lenses at select Kaiser Permanente medical facilities. Our optical centers can also fill prescriptions for eyeglasses and contact lenses. For medical or surgical eye conditions, such as glaucoma or cataracts, you may be referred to one of our ophthalmologists. To schedule your appointment:

- Online: kp.org/appointments
- Mobile app: Go to **Appointments**
- Call: **1-833-833-3333 (TTY 711)**

Physical therapy

Meet with one of our licensed physical therapists for personalized care to help you recover from injury, improve mobility, and prevent future issues. Please note that self-referrals are not accepted for work injuries, motor vehicle accidents, and other third-party claims. To schedule an appointment:

- Online: kp.org/appointments
- Mobile app: Go to **Appointments**
- Call: **1-833-833-3333 (TTY 711)**

Sports medicine

Sports medicine specialists at Moanalua Medical Center welcome self-referrals for most services, including treatment for sports-related injuries, concussions, and osteoarthritis. We focus on non-surgical care and create individualized plans for members of all ages – whether you're a student athlete, weekend paddler, hiker, or casual walker. To schedule an appointment:

- Online: kp.org/appointments
- Mobile app: Go to **Appointments**
- Call: **1-833-833-3333 (TTY 711)**

Dermatology

We provide comprehensive dermatology care for both medical and cosmetic needs.¹ Our team treats the full spectrum of skin conditions such as acne, eczema, psoriasis, and skin cancers. We also offer advanced aesthetic treatments for a wide range of skin concerns, along with popular cosmetic procedures including wrinkle-relaxing and bio-stimulating injections, dermal fillers, benign lesion removals, laser therapies, microneedling with platelet-rich plasma therapy, and chemical peels. Working closely with your primary care team, our board-certified dermatologists deliver personalized, evidence-based care.

Medical dermatology

Dermatologists work closely with your primary care team to manage skin-related health concerns. Your primary doctor is your first point of contact, and if needed, they can involve our Dermatology Department through a virtual consultation. In these consultations, a dermatologist reviews your medical history and photos in your electronic health record to provide guidance and next steps.

To get an assessment:^{2,3}

- Schedule an in-person appointment with your primary care doctor:
 - Online: kp.org/appointments
 - Mobile app: Go to **Appointments**
 - Call: **1-833-833-3333 (TTY 711)**
- You can also message your doctor at **kp.org** or the **Kaiser Permanente app**. Go to **Messages**, then compose a note with a brief description of your concern and upload clear, unfiltered photos (optional). Based on the information you provide, you may be asked to come in for an in-person assessment.

Acne-related concerns

To start an e-visit for acne, answer a short questionnaire and upload clear, unfiltered photos of your acne. A physician will review your information and respond with advice, including treatment options, within 24 hours. Start your assessment:

- Online: kp.org/getcare > E-visits
- Mobile app: Go to **Get Care Now > Start an e-visit**
- Call: **1-833-833-3333 (TTY 711)** to schedule an appointment with your primary care doctor

¹Cosmetic dermatology services are provided on a fee-for-service basis.

²Assessments are typically 3 business days but may take up to 3 weeks.

³Video visits are not available to obtain a dermatology referral.

Dermatology (continued)

Cosmetic dermatology¹

Available to members and non-members, our cosmetic dermatology team provides advanced aesthetic services designed to help you look and feel your best. To support your ongoing skin health, we also carry medical-grade skincare products that are scientifically researched, recommended by Kaiser Permanente physicians and guided by licensed aestheticians. Learn more at kp.org/aesthetic/hi or call **1-866-400-1760** to schedule an appointment.²

Laboratory and diagnostic imaging

Your physician will order any lab tests or imaging you need. Most routine lab work and basic X-rays can be done on a walk-in basis without an appointment. Most Kaiser Permanente medical facilities provide these services on site. Some locations also offer advanced diagnostic imaging such as CT or MRI scans which require an appointment scheduled in advance. Hours vary by clinic. To find a location near you, visit kp.org/locations.

Women's health

We provide comprehensive care for women at every stage of life – from routine screenings and family planning to breast care and menopause support. Along with your primary care doctor, you can also choose an obstetrics-gynecology (ob-gyn) clinician as your main women's health provider. Members can access services through their primary care doctor or directly with an ob-gyn, certified nurse-midwife, or nurse practitioner.³ For more information about services and women's health resources, visit kp.org/womenshealth.

Exams and screenings

You can schedule a gynecological exam, including Pap test/cervical cancer screening, directly with an ob-gyn specialist or certified nurse-midwife at several Kaiser Permanente locations. No referral is needed. To schedule an appointment:

- Online: kp.org/appointments
- Mobile app: Go to **Appointments**
- Call: **1-833-833-3333 (TTY 711)**

¹Cosmetic dermatology services are provided on a fee-for-service basis.

²A consultation fee is collected at check-in and may be applied toward your treatment. Payment in full is required before services are provided.

³Midwives are not available at all Kaiser Permanente facilities.

Maternity care

We offer comprehensive maternity care designed to support families from pregnancy through postpartum. With expert medical teams, family-centered birth experiences, and seamless coordination across specialties, you and your baby receive high-quality, compassionate care every step of the way. The Kaiser Permanente Moanalua Medical Center, nationally recognized for excellence in obstetrics, offers a safe and nurturing environment for both mom and baby.

To begin your maternity care:

- Explore resources and maternity classes: kp.org/maternity
- If you are pregnant and need to establish or switch to Kaiser Permanente obstetrics, call: **1-833-833-3333 (TTY 711)**

CenteringPregnancy®

CenteringPregnancy is prenatal care combining one-on-one checkups with group sessions led by certified nurse-midwives. You'll get education, support, and shared experiences to prepare for birth and parenthood – building confidence and a strong community. Key topics include managing symptoms, stress relief, birth prep, breastfeeding, newborn care, and postpartum self-care – plus hands-on skills like relaxation and comforting your baby. For more information or to register, call **1-833-833-3333 (TTY 711)**.

Transfer your care

Transfer your care at any stage in your maternity journey by visiting kp.org/newmember or calling our new member support team at **808-643-5744 (TTY 711)**.

Urgent care

Get timely care when symptoms or injuries can't wait but aren't life-threatening. Urgent care is for illnesses or injuries that need attention within 24 to 48 hours. We offer flexible options to get help, day or night.

Examples of symptoms include:

- Fever, cough, sore throat, earache
- Upper-respiratory symptoms
- Minor injuries or wounds
- Backache

Urgent care (continued)

Care options:



Get care now with a clinician¹

Talk to a doctor or clinician 24/7 over video or phone for quality care when you need it – no appointment needed.



E-visit¹

Complete an online questionnaire and receive advice or a message from a clinician within 24 hours. Available for limited symptoms.



24/7 phone advice

Talk with a registered nurse day or night for advice.



In-person urgent and after-hours care

See a clinician in person for non-emergency and non-routine care. Urgent care is available at our Honolulu and West Oahu Medical Office on weekdays, evenings, weekends, and most holidays. Please call **1-833-833-3333 (TTY 711)** before your visit.

Emergency care

When your health is in serious danger and you need care right away, call **911**. Symptoms include:

- Trouble breathing
- Severe chest pains
- Decrease or loss of consciousness
- Severe stomach pain that comes on suddenly
- Bad injuries or wounds

Ambulance services

If an ambulance is needed, it will take you to the most convenient emergency room (ER). Kaiser Permanente works with all ERs in the state to make sure your care and billing are coordinated – even if you go to a non-Kaiser Permanente hospital. Air ambulance transport will be covered if deemed medically necessary.²

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

¹When appropriate, available and legally permissible. To access some of these services, members must be registered on kp.org and have a camera-equipped computer or mobile device. If you travel out of state, phone appointments and video visits may not be available due to state laws that prevent doctors from providing care across state lines. Laws differ by state.

²For more information, refer to your Evidence of Coverage.

Healthy living resources

Take advantage of a wide variety of resources to keep you informed, inspired, and feeling your best. For wellness information, health calculators, fitness videos, and healthy, tasty recipes, visit kp.org/healthyliving.

Fit Rewards¹

Get fit. Get rewarded. Kaiser Permanente members can earn a reward of up to \$200, equal to a free gym membership at certain participating gyms. Choose fitness centers in the Classic, Standard, Premium, and Elite network tiers at different price points. All tier memberships offer flexibility allowing you to visit any fitness center within the same tier at no additional cost.

Learn more at kp.org/fitrewards.

Stay informed. Stay well.

Receive our monthly email newsletter with tips, member stories, recipes, and other resources to help you thrive.

Create a kp.org account at kp.org/register.

¹Kaiser Permanente Fit Rewards is a value-added service available exclusively to Kaiser Permanente Hawaii members (16 years and older) and not part of your medical benefits. Medicare and QUEST (Medicaid) members excluded. Your annual program fee does not count toward your health plan's annual out-of-pocket maximum. For details, including limitations and exclusions, see your Evidence of Coverage. Kaiser Permanente Fit Rewards is administered by One Pass Solutions, Inc. through One Pass Select®. One Pass Select is a voluntary program. The information provided under these programs is for general informational purposes only and is not intended to be nor should be construed as medical advice. Talk to your doctor before increasing your level of activity, particularly if you have a medical condition or have been inactive. One Pass Select varies by plan/area. The programs are not responsible for the services or information provided by third parties. The programs may have tax implications. Employers and individuals should consult a tax professional to determine if they have any tax obligations. Your health information is kept confidential in accordance with the law. These services are not insurance programs and may be discontinued at any time. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. All trademarks are the property of their respective owners.



Wellness apps¹

Go to kp.org/selfcareapps to learn about apps to help reduce stress, improve sleep, and manage overall mental wellness at no additional cost.

Affinity musculoskeletal program²

Improve your quality of life with therapies for musculoskeletal issues, including neck pain, sports injuries, arthritis, and more. Receive a special rate with chiropractors and acupuncturists when you visit a participating practitioner. Visit kp.org/exercise.

Center for Healthy Living

Take charge of your health with personalized support from wellness coaches, registered dietitians, and lifestyle experts. Whether you're managing a chronic condition or working toward personal wellness goals, our team is here to guide you through nutrition, exercise, stress reduction, and more. Most services are available at no cost and offered conveniently via video or phone.

Learn more at kpinhawaii.org/centerforhealthyliving.

Health classes

Sign up for health classes and support groups offered at our facilities. See what is available near you at kp.org/classes. Some classes may have a fee.

Wellness coaching

Whether you're looking to eat healthier, get more active, manage your weight, quit tobacco, or reduce stress, our wellness coaches are here to support you. Schedule a convenient telephone session to create a personalized plan and stay on track with your goals – at no charge. To learn more or book an appointment:

- Online: kp.org/appointments
- Mobile app: Go to **Appointments** – navigate to **Lifestyle Medicine Classes and Services**
- Call: **808-432-2260**

¹Only available to eligible Kaiser Permanente members. Wellness apps and services are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your Evidence of Coverage or other plan documents. The apps and services may be discontinued at any time. For details, visit kp.org/selfcareapps.

²The services described above are not covered under your health plan benefits and are not subject to the terms set forth in your Evidence of Coverage or other plan documents. These services may be discontinued at any time without notice.

Locations

Kaiser Permanente medical facilities are on Oahu, Maui, Hawaii Island, and Kauai. To find a location near you, visit kp.org/locations or use our Kaiser Permanente mobile app to search for a location by ZIP code or keyword.

Kaiser Permanente primary care locations

OAHU

Hawaii Kai Clinic
Honolulu Medical Office*
Kahuku Clinic
Kailua Clinic
Koolau Medical Office
Mapunapuna Medical Office
Waipio Medical Office
West Oahu Medical Office at Kapolei*

MAUI

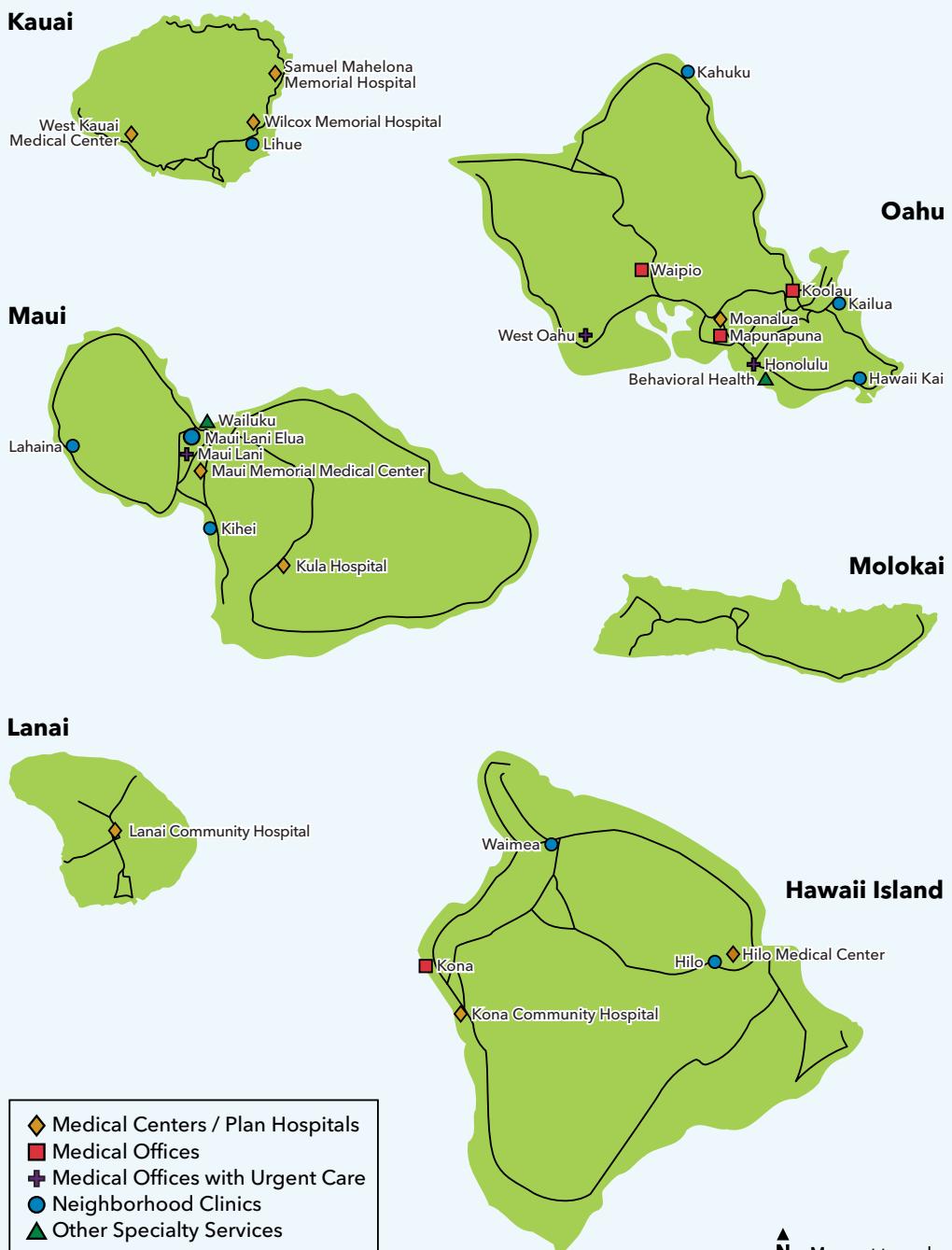
Kihei Clinic
Lahaina Clinic
Maui Lani Medical Office*
Wailuku Medical Office

HAWAII ISLAND

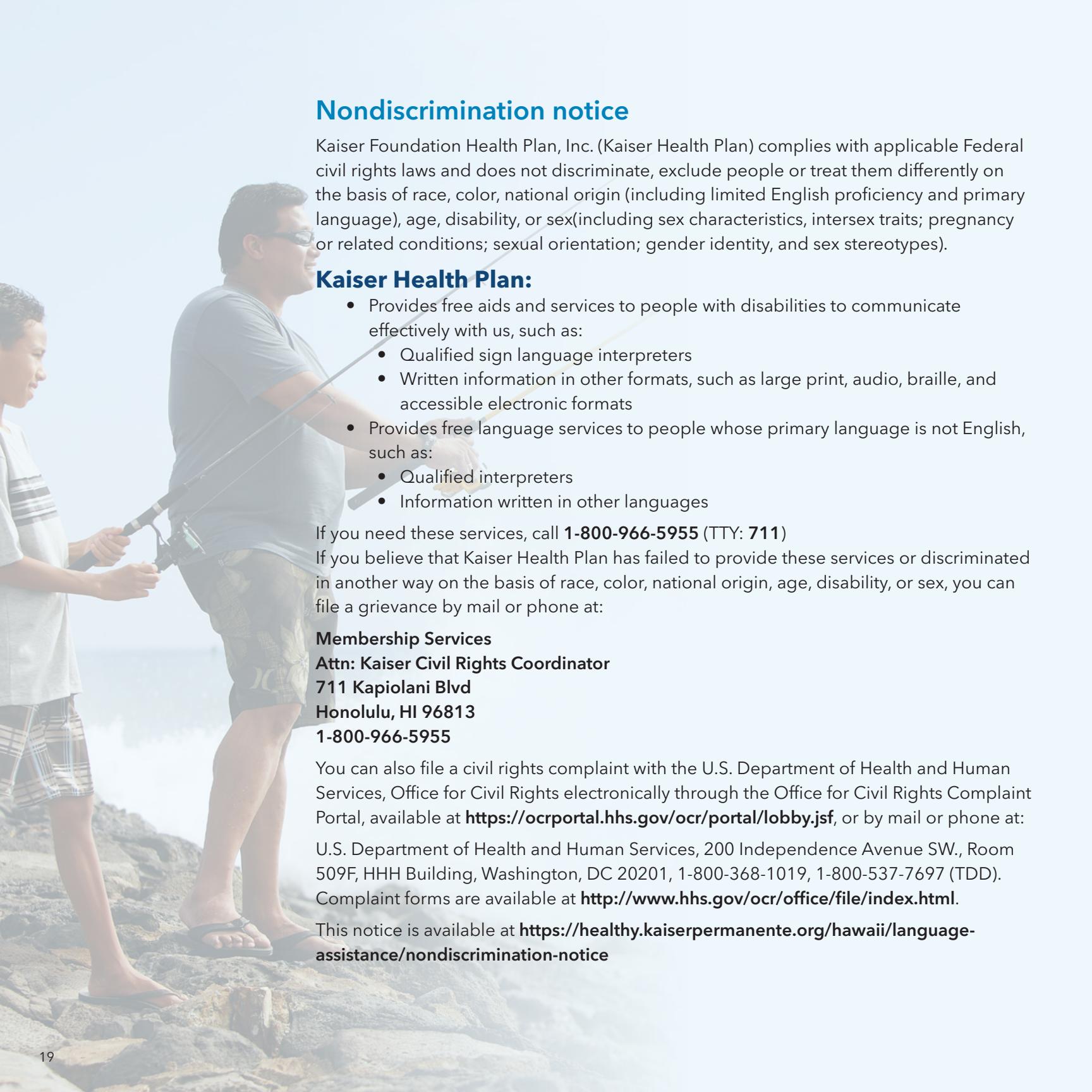
Hilo Clinic
Kona Medical Office
Waimea Clinic

KAUAI

Lihue Clinic



*Urgent care services are provided at this location on weekdays and weekends. Call us 24/7 at 1-833-833-3333 (TTY 711) before going to an urgent care center.



Nondiscrimination notice

Kaiser Foundation Health Plan, Inc. (Kaiser Health Plan) complies with applicable Federal civil rights laws and does not discriminate, exclude people or treat them differently on the basis of race, color, national origin (including limited English proficiency and primary language), age, disability, or sex (including sex characteristics, intersex traits; pregnancy or related conditions; sexual orientation; gender identity, and sex stereotypes).

Kaiser Health Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats, such as large print, audio, braille, and accessible electronic formats
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, call **1-800-966-5955 (TTY: 711)**

If you believe that Kaiser Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by mail or phone at:

Membership Services

Attn: Kaiser Civil Rights Coordinator

711 Kapiolani Blvd

Honolulu, HI 96813

1-800-966-5955

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 1-800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

This notice is available at <https://healthy.kaiserpermanente.org/hawaii/language-assistance/nondiscrimination-notice>

Help in your language

ATTENTION: If you speak English, language assistance services including appropriate auxiliary aids and services, free of charge, are available to you. Call **1-800-966-5955** (TTY: 711).

Cebuano (Bisaya) PAGPAHIMANGNO: Kung nag-istorya ka og Cebuano, ang mga serbisyo sa tabang sa pinulongan lakin ang angay nga mga auxiliary nga mga himan ug serbisyo, libre, anaa kanimo. Tawag sa **1-800-966-5955** (TTY: 711).

中文 (Chinese) 注意事項: 如果您說中文，您可獲得免費語言協助服務，包括適當的輔助器材和服務。致電 **1-800-966-5955** (TTY 711)

Chuuk (Chukese) ESINESIN: Ika en mi sine Fosun Chuuk, mi kawor aninisin fosun fonu mei pachonong pisekin aninis, ese kamo, mi kawor ngonuk. Kekeri **1-800-966-5955** (TTY: 711).

'Ōlelo Hawai'i (Hawaiian) E NĀNĀ MAI: Inā ho'opuka 'oe i ka 'ōlelo Hawai'i, hiki iā 'oe ke nā lawelawe kōkua 'ōlelo me nā kōkua kōkua kūpono a me nā lawelawe, manuahi 'ole, loa'a i ke kōkua manuahi E kelepona i ka helu **1-800-966-5955** (TTY: 711).

Iloko (Ilocano) ATENSION: No makasaoka iti Ilokano, dagiti serbisio a tulong iti pagsasao agraman dagiti maitutop a kanayonan a tulong ken serbisio, a libre, ket mabalin a mausar para kenka. Tawagan ti **1-800-966-5955** (TTY: 711)

日本語 (Japanese) 注意: 日本語を話す場合、適切な補助機器やサービスを含む言語支援サービスが無料で提供されます。 **1-800-966-5955** までお電話ください (TTY 711).

한국어 (Korean) 주의: 한국어를 구사하실 경우, 필요한 보조 기기 및 서비스가 포함된 언어 지원 서비스가 무료로 제공됩니다. **1-800-966-5955** (TTY: 711)로 전화해 주세요.

ລາວ (Laotian) ເອົາໃຈໃສ່: ຖ້າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ລວມທີ່ງອຸປະກອນ ແລະ ການບໍລິການຊ່ວຍເຫຼືອທີ່ເໝາະສົນ ຈະມີໃຫ້ທ່ານໂດຍບໍ່ເສຍຄ່າ. ໂທ **1-800-966-5955** (TTY: 711).

Kajin Majōl (Marshallese) Roñjake: Ñe kwōjelā kajin Kajin Majōl, eo ej jipañ eok ilo kajin in ekaoba jerbal ko jet, ejjelok onāāer, repellok ñan eok. Kūr tok **1-800-966-5955** (TTY: 711).

Naabeehó (Navajo) Díí BAA AKÓ NÍNÍZIN: Díí saad bee yánílti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', biniit'aa da beeso ndinish'aah t'aala'l bi'aa 'anashwo' doo biniit'aa, t'aadoo baahilinigoo bits'aadoo yeel, t'áá jiik'eh, éí ná hóló, koji" hódíílnih **1-800-966-5955** (TTY: 711).

Lokaiahn Pohnpei (Pohnpeian) MEHN KAIR: Ma komw kin lokaiahn Pohnpei, wasahn sawas en palien me kele mehlel oh sarawi kan me pahn limpoak, en kak sawa ni ke, lokaia kak sawas ni sohte isais. Koahl nempe **1-800-966-5955 (TTY: 711)**.

Faa-Samoa (Samoan) FA'AMALU: Afai e te tautala i le Gagana Samoa, o auaunaga fesoasoani i le gagana, e aofia ai meafaigaluega talafeagai ma auaunaga, e leai ni totogi, o lo'o avanoa mo oe. Fa'amalie atu i le **1-800-966-5955 (TTY: 711)**.

Español (Spanish) ATENCIÓN: Si habla español, tiene a su disposición servicios de asistencia lingüística que incluyen ayudas y servicios auxiliares adecuados y gratuitos. Llame al **1-800-966-5955 (TTY: 711)**.

Tagalog (Tagalog) PAALALA: Kung nagsasalita ka ng Tagalog, available sa iyo ang serbisyo ng tulong sa wika kabilang ang mga naaangkop na karagdagang tulong at serbisyo, nang walang bayad. Tumawag sa **1-800-966-5955 (TTY: 711)**.

Lea Faka-Tonga (Tongan) FAKATOKANGA: Kapau 'oku ke lea Faka-Tonga, 'oku 'i ai ha sevesi tokoni fakatonu lea pea mo ha naunau me'a fanongo, 'oku ta'etotongi, mo faingamalie kiate koe. Taa **1-800-966-5955 (TTY: 711)**.

Tiếng Việt (Vietnamese) CHÚ Ý: Nếu bạn nói tiếng Việt, bạn có thể sử dụng các dịch vụ hỗ trợ ngôn ngữ miễn phí, bao gồm các dịch vụ và phương tiện hỗ trợ phù hợp. Xin gọi **1-800-966-5955 (TTY: 711)**.

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¹This number can be dialed from inside and outside the United States. Before the phone number, dial "001" for landlines and "+1" for mobile lines if you are outside the country. Long-distance charges may apply, and we cannot accept collect calls. The phone line is closed on major holidays. It closes early the day before a holiday at 10 p.m. Pacific time (PT), and it reopens the day after a holiday at 4 p.m. PT.



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