

Making good health easier

Kaiser Permanente is not just a health plan. We're your doctor. Your nurse. Your partner for better health. We're continually advancing medicine so that we can provide you with better care to live a longer, and healthier life. Get the great care and resources you need to live healthier - all together in one convenient package.

A healthy partnership

Choose your own personal doctor and work with a care team who puts you at the center of everything they do. Our doctors are among the best, and caring for people is their passion. Plus, you've got the power to change doctors anytime.¹

Great care, great results

Get the care you need to get and stay healthy. Whether it's time for a preventive screening or you need care for a serious condition, we're here for you. And it's all backed by advanced medical technology and research.

Right care, right time

Connect to care quickly and easily. Our advice nurses help you by phone 24/7. Support is just a call or a click away.

Your Kaiser Permanente doctors, nurses, and specialists are connected to your electronic health record.² So they work together to deliver informed care that's right for you.

We've got you covered

- **Denver/Boulder Service Area:** choose from more than 1,000 Kaiser Permanente doctors and 22 medical offices.
- **Mountain Service area:** choose from a growing network of providers and specialists and two Kaiser Permanente medical offices.
- **Northern and Southern Colorado Service Areas:** choose to receive care from one of our many network physicians¹ or at a Kaiser Permanente medical office.

Locations near you

With so many locations to choose from, you can easily find one that's convenient for you. At most Kaiser Permanente locations, you can see your doctor, pop over to the lab or get an X-ray, and then pick up your prescription - all without leaving the building.²

Care the way you want it

Choose how, when, and where to get care for you and your family. Manage your care online with video visits, by phone, at our medical offices, and more.³

Healthy resources

Take advantage of a wide range of convenient tools to help you stay well - from health classes at our locations to personal support from a wellness coach.⁴

The right choice for a healthier you

Learn more about all that Kaiser Permanente has to offer. Visit kp.org/thrive. If you need help deciding which plan is right for you, please call **1-800-670-5489** (TTY: **711**), weekdays, 8 a.m. to 5 p.m. If you are a small group employer, please call **1-866-331-2091**.

¹ Please see the network provider directory for a list of providers included in your plan.

² These features are available to members receiving care at a Kaiser Permanente medical office.

³ This feature is available when you get care at Kaiser Permanente facilities or with Kaiser Permanente doctors. Your provider will work with you to determine if the care you need can be met in a video visit.

⁴ Classes and schedules may vary by location. Some classes may have a fee.