



Convenient ways to get care

Get care when, where, and how you want it. No matter which option you choose, your care team can see your health history, update your medical record, and give you personalized care that's right for you. See all your care options at kp.org/getcare.



In-person appointment

Most of our locations offer many services under one roof, so you'll save time with a single trip. Same-day or next-day appointments may be available.



Video visit

Meet face-to-face online with a clinician – right from your computer or mobile device.¹



Phone appointment

Save yourself a trip to the office by scheduling a call with a clinician.¹



Message your doctor

Message your doctor or care team anytime with nonurgent health questions at kp.org/messages or in our app, and get a reply usually within 2-3 business days.



24/7 medical advice

Call **1-833-KP4CARE (1-833-574-2273)** (TTY 711) anytime to get medical advice from a clinician.



E-visit

Answer a few questions online or in our app for 24/7 self-care advice. In some cases, a Kaiser Permanente clinician will get back to you with a care plan – usually within 2 hours.



24/7 virtual care

Need care now? Our clinicians are ready to connect with you by phone or video – no appointment needed.¹



Nurse clinic

Make an appointment with our nurse clinic for many health care services – most are available with no copay.²



Target Clinic

Get convenient care from Kaiser Permanente clinicians at a Target Clinic near you.

1. When appropriate and available. 2. Some members may have to pay a fee for certain services.

Our locations

From primary care to urgent care to specialty care, our locations offer a variety of services to help you get the care you need. To see facilities near you, visit kp.org/sandiego.

1 Bonita Medical Offices

3955 Bonita Road
Bonita, CA 91902

P

2 Bostonia Medical Offices

1630 E. Main St.
El Cajon, CA 92021

P

3 Carlsbad Medical Offices

6860 Avenida Encinas
Carlsbad, CA 92011

P

4 Carmel Valley Medical Offices

3851 Shaw Ridge Road
San Diego, CA 92130

P

5 Clairemont Mesa Medical Offices

7060 Clairemont Mesa Blvd.
San Diego, CA 92111

P

6 El Cajon Medical Offices

250 Travelodge Drive
El Cajon, CA 92020

P

7 Escondido Medical Offices

732 N. Broadway
Escondido, CA 92025

P

8 Garfield Specialty Center

5893 Copley Drive
San Diego, CA 92111

P

9 Kaiser Permanente San Diego Medical Center

9455 Clairemont Mesa Blvd.
San Diego, CA 92123

U E P

10 Kaiser Permanente Zion Medical Center

4647 Zion Ave.
San Diego, CA 92120

E P

11 La Mesa Medical Offices

8080 Parkway Drive
La Mesa, CA 91942

U P

12 Oceanside Medical Offices

1302 Rocky Point Drive
Oceanside, CA 92056

P

13 Otay Mesa Medical Offices

4650 and 4660 Palm Ave.
San Diego, CA 92154

U P

14 Point Loma Medical Offices

3250 Fordham St. and
3420 Kenyon St.
San Diego, CA 92110

P

15 Rancho Bernardo Medical Offices

17140 Bernardo Center Drive
San Diego, CA 92128

P

16 Rancho San Diego Medical Offices

3875 Avocado Blvd.
La Mesa, CA 91941

P

17 Kaiser Permanente San Marcos Medical Center

360 Rush Drive
San Marcos, CA 92078

E P

18 San Marcos Medical Offices

400 Craven Road
San Marcos, CA 92078

U P

19 Vandever Medical Offices

4405 Vandever Ave.
San Diego, CA 92120

P

20 Viewridge Medical Offices

5251 Viewridge Court
San Diego, CA 91213

P

21 Vista Medical Offices

780 Shadowridge Drive
Vista, CA 92083

P

Target Clinics

Care provided by Kaiser Permanente.
For a list of services and locations,
visit kptargetclinic.org.
No emergency services

22 Chula Vista

1240 Broadway
Chula Vista, CA 91911

23 Encinitas

1010 N. El Camino Real
Encinitas, CA 92024

24 San Diego Mission Valley

1288 Camino Del Rio N.
San Diego, CA 92108

25 Santee

9846 Mission Gorge Road
Santee, CA 92071

26 Vista

1751 University Drive
Vista, CA 92083



To make an appointment at any of our locations, call us 24/7 at **1-833-KP4CARE** (1-833-574-2273) (TTY 711).



Map not to scale

U Urgent Care **E** Emergency Care **P** Pharmacy
■ Medical Center **●** Medical Office **◆** Target Clinics

kp.org/sandiego

Need care now? Know before you go.

Knowing the difference between types of care you may need can save you time.

Urgent care

An urgent care need is one that requires prompt medical attention, usually within 24 to 48 hours, but is not an emergency medical condition.¹ Walk-ins available for adults and children, no appointment needed. Open 7 days a week, 9 a.m. to 9 p.m.

- La Mesa Medical Offices
- Otay Mesa Medical Offices
- San Diego Medical Center
- San Marcos Medical Offices

Emergency care

Emergency care is for medical or mental health conditions that require immediate medical attention to prevent serious harm to your health.¹ Our Kaiser Permanente emergency physicians are connected to your electronic health record, so they know your medical history and personal health needs. Open 24 hours a day, 7 days a week.

- Kaiser Permanente San Diego Medical Center
- Kaiser Permanente Zion Medical Center
- Kaiser Permanente San Marcos Medical Center

¹ If you believe you have an emergency medical condition, call 911 or go to the nearest hospital. For the complete definition of an emergency medical condition, please refer to your *Evidence of Coverage* or other coverage documents.

Your health journey starts here

The sooner you register on our secure website, the more you'll get out of Kaiser Permanente. Once you do, you can browse our online doctor profiles to choose a personal doctor who's right for you. If a doctor was already assigned to you, you can change to another Kaiser Permanente doctor at any time, for any reason – online or by phone.



Create your online account at kp.org

With **kp.org**, you can securely access many time-saving tools and resources to help you stay on top of your health.

Manage your health on your time

Visit **kp.org** or use the Kaiser Permanente app anytime, from anywhere, to:¹

- View most lab test results
- Refill most prescriptions
- Message your doctor's office with nonurgent questions
- Schedule and cancel routine appointments
- Print vaccination records for school, sports, and camp
- Manage a family member's health care²

Creating a **kp.org** account is easy

Simply create your account at **kp.org/newmember** or with the Kaiser Permanente app, which you can download from your preferred app site. When registering, have your medical record number handy – you'll find it on your member ID card.



Get your prescriptions

You have options to help you transition your prescriptions to a Kaiser Permanente pharmacy near you. Since this can take 2 or more business days, make sure to contact us before you need a refill.

Transition your prescriptions

- **Online** – Go to **kp.org/newmember** and follow the steps to transition many of your prescriptions online.
- **By phone** – Call us at **1-866-206-2983 (TTY 711)**, Monday through Friday, 7 a.m. to 7 p.m.
- **In person** – When you go for your first in-person appointment, bring your pill bottles or photos of the labels.

Prescription delivery³

Once you've created your account and transitioned your prescriptions, visit **kp.org/pharmacy** to get most new or refill prescriptions delivered within 3 to 5 days at no cost.

1. These features are available when you get care from Kaiser Permanente facilities. 2. Online features change when children reach age 12. Teens are entitled to additional privacy protection under state laws. When your child turns 12 years old, you will need to re-add your teen to your kp.org account under the Act for a Family Member. This will grant you limited access to manage their care and to certain features. 3. Not all prescriptions can be mailed, restrictions apply. Please check with your local pharmacy.