

# Kaiser Permanente Office Hours



Kaiser Permanente is hosting monthly office hours by phone and it is a great opportunity to speak with a representative one-on-one. Appointments are 15 minutes long and we can help if you have questions related to:

- Benefits
- Coverage
- Self-care tools
- Telemedicine & kp.org
- Transition of care
- Healthy resources

Select dates and times are available. If you are needing more time, you may schedule more than one appointment. To schedule your 1:1 appointment, please visit:

<https://www.signupgenius.com/go/20F0F49ADA72DABFF2-kaiser5>