



KAISER PERMANENTE

OFFICE HOURS

For employees enrolled in benefits through an employer

Kaiser Permanente is hosting office hours by phone and chat, providing a valuable opportunity to speak one-on-one with a representative. We can assist you with any questions on the following topics:

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

Ways we can help

Phone Support

- Talk directly with a pre-enrollment specialist
- Get answers about your health plan options
- Understand how to keep your doctors and care team

Chat Support

- Convenient, real-time support online
- Quick answers to enrollment questions
- Easy to access while you're at home or at work

How to reach us:

Phone

Monday–Friday, 7 a.m.–6 p.m. PT
800-514-0985
Bilingual support available

Chat

kp.org/choosekp

Select the chat box in the bottom right corner



**Essential
Worker**
Healthcare Trust



KAISER PERMANENTE®