

Choose your doctor - and change anytime

Select from a wide range of great Kaiser Permanente doctors

At Kaiser Permanente, we know how important it is to find a doctor who matches your specific needs. Having a doctor you connect with is an important part of taking care of your health.

Choose the right doctor

To find a personal doctor who's right for you, go to **kp.org/mydoctor/connect** and browse our online doctor profiles. You can search available doctors by gender, location, languages spoken, and more – and view their photos, education, and credentials.

You can choose a personal doctor within these specialties:

- Adult medicine/internal medicine
- Family medicine
- Pediatrics/adolescent medicine (for children up to 18)
- Obstetrics-gynecology

Each covered family member can choose their own personal doctor.

Women 18 and older can choose an ob-gyn as well as a personal doctor, although women choosing a family medicine physician as their personal doctor may not need to choose a separate ob-gyn.

Choose by phone

If you'd rather choose a doctor by phone, just call the Member Outreach or physician selection service at the location where you plan to get most of your care. Visit kp.org to find addresses and phone numbers for these departments.

Change doctors anytime

You can change to another available Kaiser Permanente doctor at any time, for any reason – online or by phone.

See specialists, some without a referral

You don't need a referral for the following specialists:

- Most obstetrics-gynecology services
- Optometry services
- Most mental health services
- Substance use disorder treatment

To find out how to access these specialty services, visit **kp.org/getcare** or call **1-866-454-8855**.

For other types of specialty care, your personal doctor will refer you.