

# 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](http://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](http://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](http://kp.org/getcare) or call **1-866-454-8855**.

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