

# Office Hour Support

Kaiser Permanente is hosting weekly office hours by phone, providing a valuable opportunity to speak one-on-one with a representative.

Each appointment lasts 15 minutes and we can assist you with any questions on the following topics:

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

To schedule a one-on-one with a representative, click the link or scan the QR code below

**Office Hour Support Website**

