



Peace of mind may be just a phone call away

OUR ADVICE NURSES CAN OFFER ADVICE . . . WHEN YOU NEED IT

Sometimes it's difficult to know what type of medical care you need. That's why we have telephone advice nurses available to help you.

Our advice nurses are registered nurses who are specially trained to help assess medical problems and provide advice over the phone, when medically appropriate. They can often resolve a minor concern or advise you on what to do next, including making a same-day or next-day appointment.

We believe your concerns shouldn't go unanswered. So call our telephone advice nurses if you need advice, 24 hours a day. We want to help you gain peace of mind so you can go out and enjoy life!

members.kaiserpermanente.org

To reach an advice nurse, call one of the following appointment and advice numbers in your area:

Fremont Medical Center	(510) 795-3055
Fresno Medical Center	(559) 448-4555
Hayward Medical Center	(510) 675-4010
Oakland Medical Center	(510) 752-1190
Redwood City Medical Center	(650) 299-2015
Richmond Medical Center	(510) 307-1555
San Francisco Medical Center	(415) 833-2200
San Rafael Medical Center	(415) 444-2940
Santa Clara Medical Offices	(408) 554-9800
Santa Rosa Medical Center	(707) 571-4044
Santa Teresa Medical Center (in San Jose)	(408) 362-4740
South Sacramento Medical Center	(916) 688-2106
South San Francisco Medical Center	(650) 742-2100
Vallejo Medical Center	(707) 651-1025
Walnut Creek Medical Center	(925) 295-4070