

QUEST Integration Newsletter Summer, 2017



The right care at the right place: Emergency room vs After-hours care

Should you visit an emergency room for a sunburn or sore throat? If you said *no* you'd be right. The emergency room is needed for patients with severe medical conditions that require immediate medical attention.

For nonemergency care, visit our [after-hours care](#) clinics. Doctors are available after business hours to provide care.

If you're not sure where you should receive care, or would like medical advice instead of coming in for a visit, call your nearest KP facility or contact our [after-hours nurse advice line](#) at 808-432-7700 (Oahu) or 1-800-467-3011 (neighbor islands).

Visit kp.org/getcare for guidelines on where to receive care.

Care made easy

No matter what life throws your way, you can trust you have plenty of options to connect you and your family with the care you need. This is your care, your way.

Not feeling well? Call us for care advice

Need care now? Call us to make a same-day appointment. If our facility is closed, call our after-hours nurse advice line or visit our after-hours care department to receive faster care.

Can't make the drive? Schedule a phone appointment with your doctor

Have a nonurgent question? Email your doctor's office anytime. Get answers within 48 hours.

Register on kp.org to manage your health, find care, and more.

9 out of 10 women recommend Kaiser Permanente

Kaiser Permanente has received the 2017 Women's Choice Award as America's most recommended brand among women in [several measures](#). Brands that earned the Women's Choice Award were recommended by women in a nation-wide survey.*

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Smile more and stress less

Too much stress takes a toll on your body and your mind. It can zap your energy, make it tough to concentrate, and mess with your immune system. Do yourself a favor and find healthy ways to de-stress. Learn more about ways to bust your stress at kp.org/stressmanagement.

Eat smarter, not harder

When you eat better, you feel better. You might be surprised how easy it is to introduce healthy eating habits into your life. All it takes is a few small changes and simple swaps to start building a healthier plate. Get inspired to prepare delicious, healthy dishes for yourself and your family with recipes from Kaiser Permanente health care providers on our [Food for Health blog](#).

*The Women's Choice Award gives women a collective voice so that they can help each other identify trusted brands, products, and services. WomenCertified Inc. does not in any way endorse any business, hospital, brand, product and/or service, but instead, reports the collective opinion and judgment of female consumers. Visit www.womenschoiceaward.com to learn more.