

Talk with a nurse anytime, day or night, and get answers to your health-related questions.

If your doctor is not available, call a Nurseline. A registered nurse can offer advice over the phone for a minor injury or illness. Get help with self-care, and suggestions about where to seek treatment. A registered nurse can also help you prepare for a doctor visit, by recommending questions to discuss with your doctor. There is no cost to use the Nurseline offered by your medical plan.

KAISER PERMANENTE®	blue 🗑 of california
Nurse Advice 24/7 San Francisco 415-833-2200 Adult and Pediatric	NurseHelp 24/7 (877) 304-0504
Oakland 510-752-1190 Adult 510-752-1200 Pediatric	
Redwood City 650-299-2015 Adult and Pediatric	UnitedHealthcare
Walnut Creek 925-295-4070 Adult and Pediatric	Nurseline 24/7 1-800-846-4678
San Rafael 415-444-2940 Adult 415-444-4460 Pediatric	
Other Kaiser locations call: 1-800-464-4000	

This information is current as of March 2015, and subject to change. Contact your plan for latest updates.

For a life-threatening emergency such as severe bleeding, head or spine injury, sudden acute chest pain, serious burns or poisoning, you should go to the nearest emergency room.