

## **Language Assistance Services**

**English:** Language assistance is available at no cost to you, 24 hours a day, 7 days a week. You can request interpreter services, materials translated into your language, or in alternative formats. Just call us at **1-800-464-4000**, 24 hours a day, 7 days a week (closed holidays). TTY users call **711**.

**Spanish:** Contamos con asistencia de idiomas sin costo alguno para usted 24 horas al día, 7 días a la semana. Puede solicitar los servicios de un intérprete, que los materiales se traduzcan a su idioma o en formatos alternativos. Solo llame al **1-800-788-0616**, 24 horas al día, 7 días a la semana (cerrado los días festivos). Los usuarios de TTY, deben llamar al **711**.

**Chinese:** 您每週7天，每天24小時均可獲得免費語言協助。您可以申請口譯服務、要求將資料翻譯成您所用語言或轉換為其他格式。我們每週7天，每天24小時均歡迎您打電話**1-800-757-7585** 前來聯絡（節假日休息）。聽障及語障專線 (TTY) 使用者請撥**711**。



We have a  
flight to catch.  
We're getting  
the flu shot.

## Get your no-cost flu shot—don't wait.

The flu is much more serious than the common cold. Protect yourself and your loved ones from serious health risks with a yearly flu shot. They're available at no cost to Kaiser Permanente members.

Walk-in Lobby Clinics will be open **Monday to Friday, 8:00 am – 5:00 pm** at the following Kaiser Permanente locations:

- **Ming Medical Offices** – 8800 Ming Ave, Bakersfield, CA 93311
- **East Hills Medical Offices** – 3700 Mall View Road, Bakersfield, CA 93306
- **Coffee Road Medical Offices** – 4801 Coffee Road, Bakersfield, CA 93308
- **Chester Medical Offices** – 2531 Chester Ave., Bakersfield, CA 93301
- **Discovery Medical Offices** – 1200 Discovery Drive, 6<sup>th</sup> Floor, Bakersfield, CA 93309
- **Vision Essentials by Kaiser Permanente** – 9000 Ming Ave. Suite L-1B, Bakersfield, CA 93311
- **Tehachapi Medical Offices** – 1100 W. Tehachapi Blvd. Suite D, Tehachapi, CA 93561

Urgent Care and Lobby Clinic will be open **Monday to Sunday, 8:00 am – 8:30 pm** at:

- **Stockdale Medical Offices** – 3501 Stockdale Highway, Bakersfield, CA 93309

Flu shot dates and locations are subject to change. Before you visit, go to [kp.org/flu](http://kp.org/flu) for the most up-to-date information.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington, 320 Westlake Ave. N., Suite 100, Seattle, WA 98109

[kp.org/flu](http://kp.org/flu)

