

Why one busy family chose Kaiser Permanente

Sarai Childs is the executive director of the Business Health Trust, which provides small businesses across Washington state with employee benefits programs.

"My family chose Kaiser Permanente because of the unique integrated care," she says. "It meets our needs and allows us to receive care amidst a very busy schedule."

Sarai and her husband, Matt, have a 4-year-old, a 2-year-old, and full-time jobs. Kaiser Permanente's many care options help the family fit health care into their packed lives.

They're also grateful for access to some of the best specialists in the country.

"Our son has a rare and serious gastrointestinal illness," says Sarai. "The only experienced specialist is in New Orleans, and Kaiser Permanente gave us approval to go there for care."

Care that fits your life

When her kids were younger, the Consulting Nurse Service was Sarai's go-to adviser.

"The consulting nurse can see our whole medical history, including all my son's ear infections," she says. "That's really helpful."

For in-person care, Sarai's family heads to CareClinic by Kaiser Permanente at Bartell Drugs in Snoqualmie.



"It's great to be able to walk in when we have colds or need flu shots," she says. "It often saves a trip to Bellevue Medical Center."

But Bellevue Medical Center has also saved the day, Sarai says – sometimes in a big way.

A week before Sarai's daughter was due, her son had a medical appointment in Bellevue. Sarai hadn't been sleeping well, so her mom took her son while Sarai saw the obstetrics nurse.

"A few questions led to my getting an immediate ultrasound and stress test, and diagnosis of a rare condition that can result in stillbirth," Sarai says. "It was a relief that the problem was caught in time, and very nice that I could go from floor to floor and get so much accomplished."

"Our family thrives by being able to enjoy each other," she adds. "We're constantly on the move. The convenience allows us to just live our life."

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– Sarai Childs