



Manage your care online

See how easy it is to stay on top of your care. When you register at **kp.org**, you can use our many time-saving online tools for managing your health – anytime, anywhere.*



Take charge of your care with **kp.org**

As a Kaiser Permanente member, **kp.org** is your online gateway to great health. When you register, you can securely access many time-saving tools for managing the care you get at our facilities. Visit **kp.org** anytime, from anywhere, to:

- View most lab results.
 - Refill most prescriptions.
 - Email your doctor's office with nonurgent questions.
 - Schedule and cancel routine appointments.
 - Print vaccination records for school, sports, and camp.
 - Manage a family member's health.
- Go to **kp.org/experience** to see how it works.

Your **kp.org** membership lets you access many of the resources found in this guide – and more. In some cases, you can even link the results to your electronic health record to share and discuss with your doctor.



Register now – it's easy

Already a member? Not yet registered? Just go online from a computer (not a mobile device) and follow the sign-on instructions. You'll need your medical/health record number, which you can find on your member ID card.

- **kp.org/register**
kp.org/registreseahora (en Español)



Download the Kaiser Permanente app

Once you've registered, go to your smartphone and download the Kaiser Permanente app. Use your **kp.org** user ID and password to activate the app, and you'll be ready to use the secure features anytime, anywhere!

- Learn more about our app at **kp.org/mobile**.

Ready to get started at Kaiser Permanente? Are you a new member? Thinking about joining? See how easy it is to choose a doctor, transition prescriptions, and more.

- **kp.org/newmember**
kp.org/miembrosnuevos (en español)

*These features are available when you get care at Kaiser Permanente facilities.



Explore healthy resources

Take advantage of our wide range of convenient tools to help you stay well – from health classes to personal support from a wellness coach and more.



Take a Total Health Assessment

Ready to boost your health? Take this simple online survey to give you a complete look at your health. You'll get the big picture, including a lifestyle score, key behaviors, and steps to help you make changes.

➤ kp.org/tha



Know your numbers

Knowing your health risks and being up-to-date on screenings – like your blood pressure, cholesterol, and BMI (body mass index) – helps you set goals. Check with your doctor on any preventive screenings you need then work together to put a plan in place.

➤ kp.org/prevention



Get wellness coaching

If you need a little extra support, we have wellness coaches available to you by phone, at no cost. You'll work one on one with your personal coach to set a plan to help you reach a wide range of health goals.

➤ kp.org/wellnesscoach



Join health classes

With all kinds of health classes and support groups offered at our facilities, there's something for everyone. Classes vary at each location, and some may require a fee. Go online to see all classes available near you.

➤ kp.org/classes
kp.org/clases (en Español)