Explore healthy resources
Tools to help you thrive
Manage your care online

See how easy it is to stay on top of your care. When you register at kp.org, you get the most out of your membership — and can manage your health anytime, anywhere.¹

**Take charge of your care**

Your connection to great health and great care is only a click away on kp.org. When you register for an online account, you can access many time-saving tools and tips for healthy living. Visit kp.org anytime, anywhere, to:

- View most lab test results
- Refill most prescriptions
- Choose your doctor based on what’s important to you, and change anytime
- Email your Kaiser Permanente doctor’s office with nonurgent questions
- Schedule and cancel routine appointments
- Print vaccination records for school, sports, and camp
- Manage a family member’s health²

**Register now – it’s easy**

You can register online at kp.org or on the Kaiser Permanente mobile app. Just follow the sign-on instructions. You’ll need your health/medical record number, which you can find on your Kaiser Permanente ID card.

kp.org/register
kp.org/registreseahora (en español)

**Download the Kaiser Permanente app**

You can also use the Kaiser Permanente mobile app to register for an online account, message your doctor’s office with nonurgent questions, find doctors and locations, view upcoming appointments, and more.

kp.org/mobile
kp.org/movil (en español)

**Making the switch to great care is easy**

Are you new to Kaiser Permanente? Thinking about joining? It’s simple to get started with your new plan — and we’re here to walk you through it. Get started with Kaiser Permanente at kp.org/easyswitch.

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¹. These features are available when you get care from Kaiser Permanente facilities. ². Online features change when children reach age 12. Teens are entitled to additional privacy protection under state laws. When your child turns 12 years old, you will still be able to manage care for your teen, with modified access to certain features. ³. This value-added service is an extra service provided by entities other than Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. (KFHP-MAS), and is neither offered nor guaranteed under any KFHP-MAS contract. This entity may change or discontinue offering this service at any time. KFHP-MAS disclaims any liability for the service provided by this entity. ⁴. Please note that the ChooseHealthy program is not insurance. You should check any insurance benefits you have before using this discount program, as those benefits may result in lower costs to you than using this discount program. The ChooseHealthy program provides for discounts from participating specialty health care providers. You are obligated to pay for all services from those providers, but will receive a discount from those participating providers for services included in the program. The ChooseHealthy program also provides access to the Active&Fit Direct program, which provides discounted access to fitness centers. The ChooseHealthy program does not make any payments directly to those participating providers or to the Active&Fit Direct program. The ChooseHealthy program has no liability for providing or guaranteeing services and assumes no liability for the quality of services rendered. Discounts on products and services available through the ChooseHealthy program are subject to change; please consult the website for current availability.
Get wellness support

Take advantage of these extra perks – from personal health coaching to reduced rates on alternative medical therapies.

Sign up for healthy lifestyle programs

With our online wellness programs, you’ll get advice, encouragement, and tools to help you create positive changes in your life. Our complimentary programs can help you:

- Lose weight
- Eat healthier
- Quit smoking
- Reduce stress
- Manage ongoing conditions like diabetes or depression

Start with a Total Health Assessment, a simple online survey to give you a complete look at your health. You can also share and discuss the results with your doctor.

kp.org/healthylifestyles
kp.org/vidasana (en español)

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.

kp.org/classes
kp.org/clases (en español)

Enjoy reduced rates

Get reduced rates on a variety of health-related products and services through The ChooseHealthy® program. These include:

- Active&Fit Direct – members pay $25 per month (plus a one-time $25 enrollment fee) for access to a national network of more than 10,000 fitness centers
- Up to 25% off a contracted provider’s regular rates for:
  - Acupuncture
  - Chiropractic care
  - Massage therapy

kp.org/choosehealthy

Get a wellness coach

If you need a little extra support, we offer Wellness Coaching by Phone at no cost. You’ll work one-on-one with your personal coach to make a plan to help you reach your health goals.

kp.org/wellnesscoach

Take time for self-care

Manage stress, improve your mood, sleep better, and more with the help of wellness apps, available at no cost to adult members.

kp.org/selfcareapps
# Learn more about your health

More information is just a click away. Use these interactive tools and reference guides to find answers to your health questions and help you make decisions about your care.

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<th>Look up detailed descriptions of thousands of drugs, including possible side effects. kp.org/medications</th>
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