



# explore healthy resources

online tools to help you thrive

KAISER PERMANENTE®  thrive



Manage  
your care  
online



Learn more  
about your  
health



Get  
wellness  
support



# Manage your care online

See how easy it is to stay on top of your care. When you register at [kp.org](https://kp.org), you can use our many time-saving online tools for managing your health – anytime, anywhere.<sup>1</sup>

## Take charge of your care

**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](https://kp.org) anytime, from anywhere, to:

- View most lab test results.
- Refill most prescriptions.
- 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 health.<sup>2</sup>

 Go to [kp.org/experience](https://kp.org/experience) to see how it works.


## Register now – it's easy

Just go online from a computer (not a mobile device) and follow the sign-on instructions. You'll need your medical record number, which you can find on your Kaiser Permanente ID card.

 [kp.org/register](https://kp.org/register)  
[kp.org/registreseahora](https://kp.org/registreseahora) (en español)


## Download the Kaiser Permanente app

Once you've registered, download the Kaiser Permanente app from your smartphone. Use your [kp.org](https://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 the app:  
[kp.org/mobile](https://kp.org/mobile)  
[kp.org/movil](https://kp.org/movil) (en español)

### Ready to get started at Kaiser Permanente?

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

 [kp.org/newmember](https://kp.org/newmember)  
[kp.org/miembrosnuevos](https://kp.org/miembrosnuevos) (en español)

<sup>1</sup>These features are available when you get care at Kaiser Permanente facilities.

Due to privacy laws, certain features may not be available if they're being accessed on behalf of a child younger than 18. Your child's physician may also be prevented from giving you certain information without your child's consent.



# Get wellness support

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

## Sign up for healthy lifestyle programs<sup>3</sup>

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 link the results of your assessment to your electronic health record, to share and discuss with your doctor.

➔ [kp.org/healthylifestyles](https://kp.org/healthylifestyles)  
[kp.org/vidasana](https://kp.org/vidasana) (en español)

## 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](https://kp.org/wellnesscoach)

## Join health classes

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

➔ [kp.org/classes](https://kp.org/classes)  
[kp.org/classes](https://kp.org/classes) (en español)

## Enjoy member discounts

Get reduced rates on a variety of health-related products and services through ChooseHealthy™.<sup>4</sup> These include:

- **Acupuncture** – 25% off a contracted acupuncturist's regular rates
- **Massage therapy** – 25% off a contracted massage therapist's regular rates
- **Chiropractic care** – 25% off a contracted chiropractor's regular rates
- **And more...**

To find a provider:

- Go to [kp.org/choosehealthy](https://kp.org/choosehealthy).
  - Choose your region.
  - Click the "ChooseHealthy" link.
  - Click "Find a Provider."
  - Or call **1-877-335-2746** for help.

➔ [kp.org/choosehealthy](https://kp.org/choosehealthy)

<sup>3</sup>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.

<sup>4</sup>ChooseHealthy is a product of American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy and the ChooseHealthy logo are federally registered trademarks of ASH. Please note that this is a discount program; it is not insurance. You can access services from any ASH Networks contracted provider; referral from a primary care physician is not required. You're responsible for paying the discounted fee directly to the contracted provider.

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Services covered under your health plan are provided and/or arranged by Kaiser Permanente health plans: 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 or Kaiser Foundation Health Plan of Washington Options, Inc., 320 Westlake Ave. N., Suite 100, Seattle, WA 98109 • Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612



# Learn more about your health

Information and inspiration are 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.

<b>Health encyclopedia</b>	Explore more than 40,000 pages of in-depth information on health conditions, related symptoms, and treatment options. <a href="https://kp.org/health">kp.org/health</a> <a href="https://kp.org/salud">kp.org/salud</a> (en español)
<b>Health guides</b>	Stay informed on popular health subjects or discover something new through our Live healthy health guide collections, available in English and Spanish. <a href="https://kp.org/livehealthy">kp.org/livehealthy</a> <a href="https://kp.org/vidasaludable">kp.org/vidasaludable</a> (en español)
<b>Drug encyclopedia</b>	Look up detailed descriptions of thousands of drugs, including possible side effects. <a href="https://kp.org/medications">kp.org/medications</a> <a href="https://kp.org/medicamentos">kp.org/medicamentos</a> (en español)
<b>Natural Medicines Comprehensive Database</b>	Find answers to your questions about dietary supplements, vitamins, minerals, and other natural products. <a href="https://kp.org/naturalmedicines">kp.org/naturalmedicines</a> <a href="https://kp.org/medicinasnaturales">kp.org/medicinasnaturales</a> (en español)
<b>Medical test directory</b>	Learn more about your options for common tests and procedures, along with their risks and benefits. <a href="https://kp.org/healthdecisions">kp.org/healthdecisions</a>
<b>Videos and podcasts</b>	Look, listen, and learn about your health and well-being. Watch videos or download health-related guided meditation podcasts. <a href="https://kp.org/video">kp.org/video</a> <a href="https://kp.org/audio">kp.org/audio</a>
<b>Interactive tools and calculators</b>	Take an interactive quiz or enter your information into one of our calculators to learn more about your health. <a href="https://kp.org/calculators">kp.org/calculators</a>
<b>Recipes</b>	Get inspired to prepare delicious, healthy dishes. Browse recipes by category, like vegetarian dishes, soups, or desserts, or by what's in season. <a href="https://kp.org/foodforhealth">kp.org/foodforhealth</a>
<b>Symptom checker</b>	Use our interactive visual aid to gauge your symptoms. Click on the body part that's troubling you and learn what to do next. <a href="https://kp.org/symptoms">kp.org/symptoms</a> <a href="https://kp.org/sintomas">kp.org/sintomas</a> (en español)
<b>Pedometer app</b>	Track your every step with the Every Body Walk! app – including distance covered, time elapsed, calories burned, and routes taken. <a href="https://kp.org/10000steps">kp.org/10000steps</a>