explore healthy resources
Tools to help you thrive

Manage your care online
Learn more about your health
Get wellness support

Kaiser Permanente. 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.

Learn more about the app at:
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:
kp.org/easyswitch

¹These features are available when you get care at Kaiser Permanente facilities.
²Due 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 programs³

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. Go online to see the classes available near you.

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

Enjoy member discounts

Get reduced rates on a variety of health-related products and services through The ChooseHealthy® Program.⁴ These include:

• Acupuncture – 25% off a contracted acupuncturist’s regular rates
• Active&Fit Direct – members pay $25 per month for access to a national network of more than 9,000 fitness centers⁵
• Chiropractic care – 25% off a contracted chiropractor’s regular rates
• Massage therapy – 25% off a contracted massage therapist’s regular rates

To find a provider:

• Go to kp.org/choosehealthy.
  1. Choose your region.
  2. Click the “ChooseHealthy” link.
  3. Click “Find a Provider.”
• Or call 1-877-335-2746 for help.

kp.org/choosehealthy

¹This 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.

²The ChooseHealthy program is a product of American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). The ChooseHealthy program and the ChooseHealthy program 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.

³The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc. (ASH Fitness). ASH Fitness is a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit Direct is a trademark of ASH and used with permission herein.

Colorado state law requires that an access plan be available that describes Kaiser Foundation Health Plan of Colorado’s network of provider services. To obtain a copy, please call Member Services or visit kp.org.

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 • Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612
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.

<table>
<thead>
<tr>
<th>Drug encyclopedia</th>
<th>Look up detailed descriptions of thousands of drugs, including possible side effects. kp.org/medications</th>
<th>kp.org/medicamentos (en español)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health encyclopedia</td>
<td>Explore more than 40,000 pages of in-depth information on health conditions, related symptoms, and treatment options. kp.org/health</td>
<td>kp.org/salud (en español)</td>
</tr>
<tr>
<td>Health guides</td>
<td>Stay informed on popular health subjects or discover something new through our healthy living guides, available in English and Spanish. kp.org/livehealthy</td>
<td>kp.org/vidasaludable (en español)</td>
</tr>
<tr>
<td>Interactive tools and calculators</td>
<td>Take an interactive quiz or enter your information into one of our calculators to learn more about your health. kp.org/calculators</td>
<td></td>
</tr>
<tr>
<td>Medical test directory</td>
<td>Learn more about your options for common tests and procedures, along with their risks and benefits. kp.org/healthdecisions</td>
<td></td>
</tr>
<tr>
<td>Natural Medicines Comprehensive Database®</td>
<td>Find answers to your questions about dietary supplements, vitamins, minerals, and other natural products. kp.org/naturalmedicines</td>
<td>kp.org/medicinasnaturales (en español)</td>
</tr>
<tr>
<td>Recipes</td>
<td>Get inspired to prepare delicious, healthy dishes. Browse recipes by category – like vegetarian dishes, soups, or desserts – or by what’s in season. kp.org/foodforhealth</td>
<td></td>
</tr>
<tr>
<td>Symptom checker</td>
<td>Use our interactive visual aid to gauge your symptoms. Click on the body part that’s troubling you and learn what to do next. kp.org/symptoms</td>
<td>kp.org/sintomas (en español)</td>
</tr>
<tr>
<td>Videos and podcasts</td>
<td>Look, listen, and learn about your health and well-being. Watch videos or download health-related, guided meditation podcasts. kp.org/video</td>
<td>kp.org/audio</td>
</tr>
</tbody>
</table>