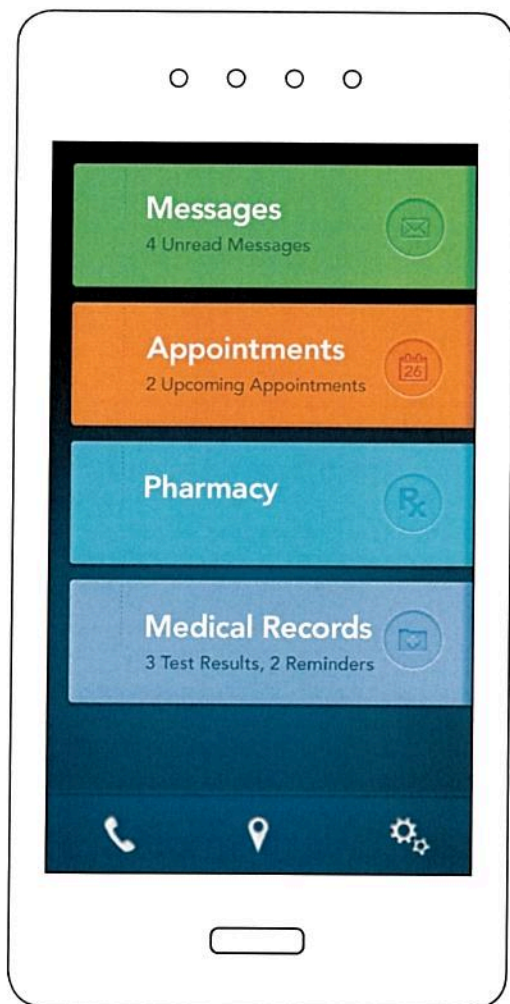


GOOD HEALTH IS IN YOUR HANDS



Use the convenient features of My Health Manager right from your smartphone or other mobile device.

- ▶ Email your doctor's office
- ▶ View most test results
- ▶ Schedule or cancel routine appointments
- ▶ Refill most prescriptions
- ▶ View past visits

Just download the Kaiser Permanente app at no cost from your preferred app site.



Are you registered? If you're already registered on kp.org, you're all set to start using your Kaiser Permanente app. If not, you'll need to go to kp.org/registernow to set up your account from a computer. Then use your new user ID and password to activate the app.

Certain features of My Health Manager apply only to care you receive at Kaiser Permanente facilities.

Apple is a trademark of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Ohio • 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

130993_9/1/13-12/31/14

Simple steps to connect with your health

Register for My Health Manager on kp.org from your computer

With My Health Manager on kp.org, you can take charge of your health securely online—24 hours a day, seven days a week.

It only takes a few minutes

Visit kp.org/registernow from your computer to set up your account. Just have your medical record number handy and follow the five simple steps to the right. Then you can start using the convenient tools of My Health Manager from any computer, smartphone, or mobile device.

Registration is safe and secure—we'll ask a few questions only you could answer, and you'll have a set time to respond. If you need help or have any questions, just give us a call at **1-800-556-7677**.

You're in charge

Once you're registered, you can start using My Health Manager to stay on top of the care you receive at our facilities.

- ▶ Email your doctor's office with nonurgent health questions.
- ▶ Schedule or cancel routine appointments.
- ▶ View most lab test results.
- ▶ Refill prescriptions and have most of them mailed to your home.
- ▶ Use all these tools on the go—just download the free Kaiser Permanente app for your smartphone or mobile device.

Get started today at kp.org/registernow.

1 Enter your membership information

First Name _____ Last Name _____
Birth date (from old city) _____
Month _____ Day _____ Year _____
Sex (select a month) [M] [F]
Area _____
Street or area _____
Health/Medical Record number _____

2 Accept the terms and conditions

By checking this box and clicking the "Submit" button, I indicate that I have read and agree to the summary and the [Terms, Rules and Conditions](#) for use of this website, and I have reviewed the [Privacy Statement](#) for this website.

3 Create your user ID

User ID _____
E-mail address _____
Re-type e-mail address _____

4 Secure your account

Get your password online now
Create your temporary password. Then choose your security question, to be asked for questions.
This is a security question.
 I want my password now.
What is your security question? _____

Get your password by mail (3 to 7 days)
Create your permanent password, and we'll mail you a temporary password.
This is a security question.
 I want a password (at least 10 characters).
What is your permanent password? _____

5 Sign on

User ID _____
Password _____
 Remember me

Complete security steps online

Along with answering a few questions to confirm your identity, you'll create a password and pick three secret questions to help keep your account secure.

Questions to confirm your identity are developed using industry-standard online security practices, so all your information stays protected.

Or finish the process by mail

You'll receive a temporary password in the mail in three to seven days. After you sign on for the first time, you'll be asked to create a new password and pick three secret questions to help keep your account secure.

