

THE PATH TO BETTER HEALTH begins at your fingertips.

Start your journey with **kp.org**, where the information you need is just a few keystrokes away. Use any of these shortcut Web addresses for quick and easy access to health programs, services, or advice—and you'll be on your way to a healthier you.¹

- kp.org/10000steps – a pedometer/walking program²
- kp.org/allergies – tips for living better with allergies
- kp.org/arthritis – help with managing arthritis
- kp.org/asthma – tips for living better with asthma
- kp.org/audio – guided imagery audio programs
- kp.org/cam – complementary and alternative care
- kp.org/children – information on children's health
- kp.org/choosehealthy – complementary care services
- kp.org/classes – Health Education classes
- kp.org/colds – prevention tips and care for colds
- kp.org/depression – tools for dealing with depression
- kp.org/diabetes – tips for living better with diabetes
- kp.org/espanol – online content in Spanish
- kp.org/facilities – facility directories
- kp.org/fitness – information on improving fitness
- kp.org/flu – prevention tips and care for the flu
- kp.org/healthdecisions – care decisions made easier
- kp.org/healthyaging – living well longer
- kp.org/healthylifestyles – digital coaching programs³
- kp.org/healthyliving – tools for living a healthier life
- kp.org/health – health encyclopedia and symptom checker
- kp.org/heart – help with maintaining a healthy heart
- kp.org/medicalstaff – medical staff directories
- kp.org/medications – drug encyclopedia
- kp.org/menshealth – health information for men
- kp.org/mindbody – ways to gain mind-body balance
- kp.org/myhealthmanager – do more with secure online features³
- kp.org/naturalmedicines – a guide to herbs and supplements
- kp.org/newmember – how to take advantage of membership
- kp.org/nutrition – ways to eat for better health
- kp.org/pain – information on pain management
- kp.org/pregnancy – health information for mom and baby
- kp.org/prevention – keys to health through preventive care
- kp.org/quitsmoking – a guide to smoking cessation
- kp.org/vidasana – Spanish digital coaching programs³
- kp.org/video – health videos
- kp.org/weight – help with achieving a healthier weight
- kp.org/womenshealth – health information for women

¹Some services are not available in all areas.

²10,000 Steps[®] is a registered trademark of HealthPartners, Inc.

³To use these secure features for the first time, all you need to do is register at kp.org/register. Then sign on with your user ID and password.

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

Shortcut Web addresses current as of December 2012