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**, you can use our many time-saving online tools for managing your health – anytime, anywhere.*

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** 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.†

Go to **kp.org/experience** to see how it works.

Take charge of your costs

Gain peace of mind with our new online tools to help you manage your health care costs. Be sure to register on **kp.org** to access these convenient features.

- Get a personalized cost estimate at **kp.org/costestimates**. Before you come in for care, use this tool to find out what you can expect to pay out of pocket for common exams, tests, and services.
- Pay your medical bills at **kp.org/paymedicalbills**.‡
- Go paperless at **kp.org/gopaperless** and receive your medical bills and other documents electronically. You'll get an email alert each time a bill is ready.‡

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/health 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

Once you've registered, download the Kaiser Permanente app from your smartphone. Use your 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
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
kp.org/miembrosnuevos (en español)

*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.

‡Online bill payment and paperless billing are available only to account holders who are responsible for paying bills for medical care received at Kaiser Permanente facilities. Online bill pay can't be used to pay premiums for health coverage.

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*

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
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

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
kp.org/clases (en español)

Enjoy member discounts

You get reduced rates on a variety of health-related products and services through ChooseHealthy™.† 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
- **Gym memberships** – 10% off at participating fitness facilities

You can also get reduced rates on vitamins and supplements.

kp.org/choosehealthy

*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.

†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.

The products and services described are provided by entities other than Kaiser Permanente and are neither offered nor guaranteed under your Kaiser Foundation Health Plan contract. Kaiser Permanente does not endorse or make any representations regarding the quality or medical efficacy of such products and services, nor the financial integrity of these entities. Kaiser Permanente disclaims any liability for these products and services. Should a problem arise with any of these products or services, you may call the Member Service Contact Center, and we will direct you as appropriate. Some Kaiser Permanente members may have coverage through their health plan for some of the same services available through ASH Networks. Members should check their Evidence of Coverage or call the Member Service Contact Center for their area prior to utilizing the discounts offered by ASH Networks.

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. Services for 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.

Health encyclopedia	Explore more than 40,000 pages of in-depth information on health conditions, related symptoms, and treatment options. **kp.org/health** **kp.org/salud** (en español)
Health guides	Stay informed on popular health subjects or discover something new through our Live healthy health guide collections, available in English and Spanish. **kp.org/livehealthy** **kp.org/vidasaludable** (en español)
Drug encyclopedia	Look up detailed descriptions of thousands of drugs, including possible side effects. **kp.org/medications** **kp.org/medicamentos** (en español)
Natural Medicines Comprehensive Database	Find answers to your questions about dietary supplements, vitamins, minerals, and other natural products. **kp.org/naturalmedicines** **kp.org/medicinasnaturales** (en español)
Medical test directory	Learn more about your options for common tests and procedures, along with their risks and benefits. **kp.org/healthdecisions**
Videos and podcasts	Look, listen, and learn about your health and well-being. Watch videos or download health-related guided meditation podcasts. **kp.org/video** **kp.org/audio**
Interactive tools and calculators	Take an interactive quiz or enter your information into one of our calculators to learn more about your health. **kp.org/calculators**
Recipes	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**
Symptom checker	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** **kp.org/sintomas** (en español)
Pedometer app	Track your every step with the Every Body Walk! app – including distance covered, time elapsed, calories burned, and routes taken. **kp.org/10000steps**

Please recycle. 60437311 July 2016

KAISER PERMANENTE® thrive