explore healthy resources

online tools to help you 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.¹

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.²

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

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)

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
kp.org/registreahora (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)

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

**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**

Get reduced rates on a variety of health-related products and services through ChooseHealthy™.⁴ 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.
- Choose your region.
- Click the “ChooseHealthy” link.
- Click “Find a Provider.”
- Or call 1-877-335-2746 for help.

kp.org/choosehealthy

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³This 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.

⁴ChooseHealthy 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 of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 1455 Piedmont Road NE, Atlanta, GA 30309, 404-264-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., One Kaiser Plaza, Oakland, CA 94612 • 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.

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