

# Connect to better health

Managing your care is easy, secure,  
and convenient



## Technology designed to help you thrive

Be empowered, stay informed, and get more out of your health plan.

Members can access all these features and more online or with our mobile app.\*

- Schedule and cancel routine appointments.
- Email your doctor's office.
- View most lab results.
- Refill most prescriptions.
- Print vaccination records for school, sports, or camp.
- Use tools to help you manage your coverage and costs.†
- Manage a family member's care.



## Manage your health anytime, anywhere

Get connected and see how easy it is to stay on top of your health.

**Connect online when you register at [kp.org](http://kp.org).**

Your first step is registering on [kp.org](http://kp.org). Once that's done, you can connect to these great features anytime.

1. Have your health/medical record number handy.
2. Go to [kp.org/register](http://kp.org/register) from a computer and follow the sign-on instructions.

**Connect on the go with our mobile app.**

The Kaiser Permanente mobile app gives you access to many of these great features from your smartphone. Once you're registered on [kp.org](http://kp.org), you can download the app anytime in 2 easy steps:

1. Using your smartphone, search for the Kaiser Permanente app on App Store<sup>SM</sup> (iOS) or Google Play<sup>TM</sup> (Android<sup>TM</sup>).‡
2. Activate the app using your [kp.org](http://kp.org) user ID and password. Learn more at [kp.org/mobile](http://kp.org/mobile).

\*Available when receiving care at Kaiser Permanente facilities. †These tools are not yet available on smartphones and tablets. ‡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 and Android are trademarks of Google, Inc.

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