

## Start managing your health online on your time

As a Kaiser Permanente member, **kp.org** is your connection to great health and great care. Once you register, you'll have easy access to time-saving tools and resources that help you stay on top of your health and keep you feeling great.

## Manage your health anytime, from anywhere

Sign on anytime to:\*

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

Even if you don't need care right away, register today and explore our tools so you can use them as soon as you need them.



#### 🔀 Registering is very easy

Go to kp.org/registernow 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 member ID card.

Detailed instructions are printed on the back of this page.

## Download the Kaiser Permanente app

Once you've registered, you can download the Kaiser Permanente app to your smartphone to access these tools on the go.

- 1. From your smartphone, go to your preferred app site: App Store<sup>SM</sup> (iOS) or Google Play™ (Android™).‡
- 2. Search for the Kaiser Permanente app, then download it for your smartphone.
- 3. Use your **kp.org** user ID and password to activate the app, and you'll be ready to go!

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 $<sup>^{\</sup>ddagger}$ 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.



<sup>\*</sup>These features are available when you get care at Kaiser Permanente facilities.

<sup>&</sup>lt;sup>†</sup>These tools are not yet available on smartphones and tablets.

## Step 1:

## Enter your membership information

Along with simple questions like your name and birth date, you'll need to enter the medical record number printed on your member ID card.



# Step 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 entire Terms and Conditions for use of this website, and I have reviewed the <u>Privacy Statement</u> for this website.

# Step 3:

#### Create your user ID

Choose a user ID and enter your email address. After you're registered, you'll use this user ID to sign on to kp.org.



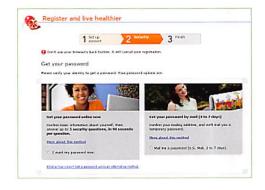
## Step 4:

## Secure your account

Complete the security steps online. After answering a few questions to confirm your identity, you'll create a password and pick 3 secret questions to help keep your account secure.

These questions are developed using industry-standard online security practices, so all your information stays protected.

Or finish registering by mail. You'll get a temporary password in the mail in 3 to 7 days. After you sign on for the first time, you'll create a new password and pick 3 secret questions to help keep your account secure.



# Step 5:

#### Sign on

That's it! As soon as you have your password, you can sign on and start using the great features on kp.org.