



Good health is in your hands

It's easier than ever to connect to your health

Now you can use My Health Manager while you're on the go:

- ▶ Email your doctor's office.
- ▶ Refill most prescriptions.
- ▶ View past visits and most test results.
- ▶ Schedule or cancel routine appointments.

Tap into your health

- ▶ Just download the Kaiser Permanente app for the iPhone®, iPad®, or iPod touch® from the App StoreSM or for AndroidTM from Google Play.
- ▶ Bookmark **kp.org** on your Web-enabled phone or mobile device.

Get mobilized for wellness

To enjoy the secure features of My Health Manager, you must first be a registered member on our website. Visit **kp.org/registernow** to set up your account from your home computer.



Certain features of My Health Manager apply only to care you receive at Kaiser Permanente facilities. Apple and iPhone, iPad, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Android is a trademark of Google Inc.

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