



# 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 Store<sup>SM</sup> or for Android™ 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.



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