

Simple steps to connect with your health

Register for My Health Manager on kp.org from your computer

With My Health Manager on kp.org, you can take charge of your health securely online—24 hours a day, seven days a week.

It only takes a few minutes

Visit **kp.org/registernow** from your computer to set up your account. Just have your medical record number handy and follow the five simple steps to the right. Then you can start using the convenient tools of My Health Manager from any computer, smartphone, or mobile device.

Registration is safe and secure—we'll ask a few questions only you could answer, and you'll have a set time to respond. If you need help or have any questions, just give us a call at **1-800-556-7677**.

You're in charge

Once you're registered, you can start using My Health Manager to stay on top of the care you receive at our facilities.

- ▶ Email your doctor's office with nonurgent health questions.
- ▶ Schedule or cancel routine appointments.
- ▶ View most lab test results.
- ▶ Refill prescriptions and have most of them mailed to your home.
- ▶ Use all these tools on the go—just download the free Kaiser Permanente app for your smartphone or mobile device.

Get started today at **kp.org/registernow**.

1

Enter your membership information

2

Accept the terms and conditions

3

Create your user ID

4

Secure your account

5

Sign on

Complete security steps online

Along with answering a few questions to confirm your identity, you'll create a password and pick three secret questions to help keep your account secure.

Questions to confirm your identity are developed using industry-standard online security practices, so all your information stays protected.

Or finish the process by mail

You'll receive a temporary password in the mail in three to seven days. After you sign on for the first time, you'll be asked to create a new password and pick three secret questions to help keep your account secure.