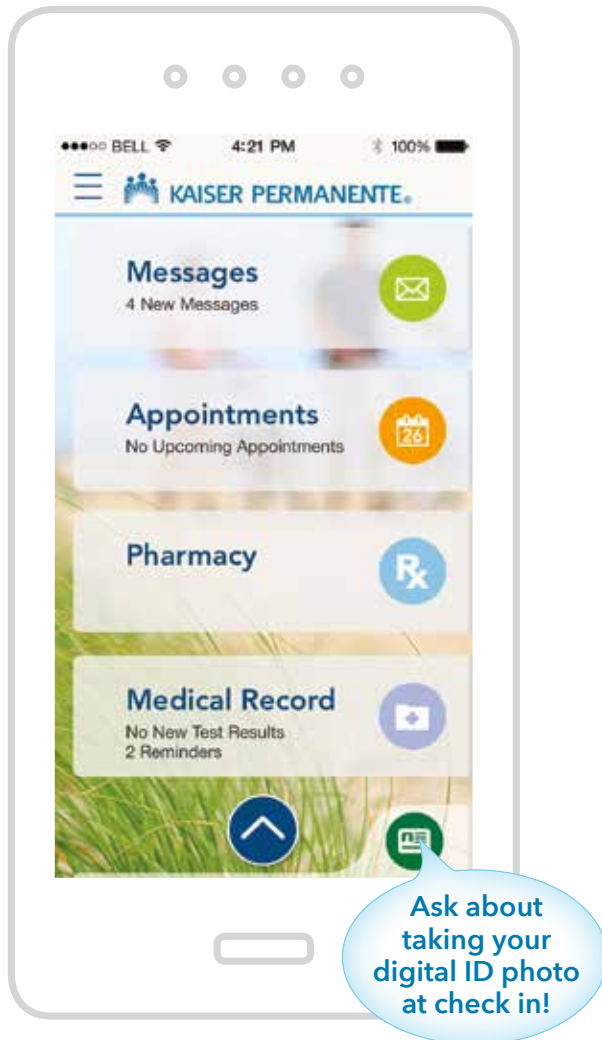


GOOD HEALTH IS IN YOUR HANDS



Get connected to the convenient features of My Health Manager on **kp.org**. Save time—and even trips to the doctor—by taking care of health needs right from your computer, smartphone, or other mobile device. Anytime, anywhere.

- Email your doctor's office
- Schedule or cancel routine appointments
- View most test results—often the same day
- Refill most prescriptions—and have them sent right to your home
- View notes from past visits
- Find nearby locations
- Access a digital version of your Member ID Card* and add your photo to save time at check in

You have 24/7 access to even more features online at **kp.org**:

- View your plan's coverage and get personalized cost estimates for services
- View immunizations, screening recommendations, and more

1 Register today!

Just visit **kp.org/register** from a computer (not a mobile device) and follow the simple sign-on instructions.

2 Get the app!

Download the Kaiser Permanente app for FREE from your preferred app site. Once you've registered on **kp.org**, just use your new user ID and password to activate the app.

Certain features of My Health Manager apply only to care you receive at Kaiser Permanente facilities.
* Digital ID Card not currently available for members in certain plans including Medicare and Out-of-Area.