

# Anytime. Anywhere.

Manage your health online with My Health Manager.

## Register today.

To start using My Health Manager, just go to [kp.org/register](http://kp.org/register). We'll ask you a few questions to verify your identity. Once registered, you can sign on with your unique user ID and password.



## Always on the go?

Download the free Kaiser Permanente app to your mobile phone for quick access to My Health Manager.

My Health Manager gives you access to information and tools to better manage your health. Use it 24 hours a day, seven days a week, to:

- ▶ **View your Personal Action Plan**  
**New on kp.org** — Identify your unique care gaps and learn steps to address them with your Personal Action Plan.
- ▶ **Email your doctor's office**  
Send secure messages to your doctor's office, saving time, gas, and a copayment.
- ▶ **Schedule, cancel, or review appointments**  
Request appointments and check past office visit information.
- ▶ **View most lab test results**  
Get most lab test results as they're available — many on the same day.
- ▶ **Refill prescriptions**  
Refill your prescriptions and have them delivered to your home postage free.
- ▶ **View recent immunizations, allergies, and more**  
Review your immunizations, your allergies, and your eligibility and benefits information.
- ▶ **Act for a family member**  
Access your family member's health information and email their doctors on their behalf.
- ▶ **Find tips, tools, and resources**  
Find ways to improve your health or view prior claims information — all at your finger tips.

[kp.org/myhealthmanager](http://kp.org/myhealthmanager)

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