



Anytime. Anywhere.

Manage your health online with My Health Manager.

Register today.

To start using My Health Manager, just go to 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.

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.

kp.org/myhealthmanager

KAISER PERMANENTE® **thrive** 

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