

CHOOSE A HEALTH CARE PLAN THAT KEEPS UP WITH YOUR LIFE

When you're always on the go, it can be hard to take good care of yourself. But, you have to make time for your health and Kaiser Permanente makes it easy.



Members can register at [kp.org](https://www.kp.org) to start taking advantage of our suite of convenient digital tools and mobile apps so you're always in control of your care

◀ Turn over for more info



KAISER PERMANENTE®

THE TOP 10 WAYS to manage your health on the go

- 1 Schedule video visits* with your primary care doctor, pediatrician, or mental health provider.**
 - Schedule visits during regular office hours.
 - Book your appointment online, at your convenience.
- 2 Need care now? Use a video visit.**
 - See a Kaiser Permanente emergency physician via video for urgent health concerns.
 - Book your appointment online, at your convenience.
 - Have the doctor make any needed follow-up appointments with Kaiser Permanente providers.
- 3 Make a telephone appointment with your primary care doctor.**
 - Schedule a phone appointment—You may be able to save a trip to the doctor's office.
- 4 Contact a nurse for care by phone 24/7.**
 - Talk to local Kaiser Permanente nurses—connected to your doctor and care team—to ease your mind about health concerns.
- 5 Take charge of your health easily with the KP app.**
 - Email the doctor's office.
 - Request prescription refills, and have them delivered to your door.
 - Get most lab results.
 - Make, change, and cancel appointments.
 - NEW—View and pay your bill.
 - NEW—Check in for your appointment on your mobile phone.
- 6 Check costs and coverage—anytime, anywhere.**
 - Read your plan and benefits at **kp.org**.
 - Review cost estimates for treatments, procedures, tests, or other medical services at **kp.org/costestimates**.
- 7 Take your medicine. On time.**
 - Set reminders and order prescription refills with the **My KP Meds app**, which automatically connects to your electronic medical record.
 - Schedule additional helpful reminders for taking your vitamins or supplements.
- 8 Access care away from home.**
 - Call the **Away from Home Travel Line** at **951-268-3900** (not toll free for international calls) with questions about getting care when traveling outside your service area.
- 9 Take advantage of wellness coaching.**
 - Work one-on-one by phone with a personal wellness coach at no extra cost. Visit **kp.org/wellnesscoach**.
- 10 Get text reminders about your appointments.**
 - Opt in to receive text message reminders for most upcoming appointments, and also cancel most appointments by text.

*Video visits are available to Kaiser Permanente members who have a camera-equipped computer or mobile device and are registered at **kp.org**. You must be present in Maryland, Virginia, or Washington, DC, for visits with your primary care physician or mental health provider. For urgent video visits with an emergency doctor, you may be also be present in Florida, North Carolina, Pennsylvania, or West Virginia. For certain medical or mental health conditions. For video visits with a mental health provider, appointments can be scheduled for follow-up care.

Download our apps today.



You must be a registered member to use the **My KP Meds app** and the **KP app**.

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