

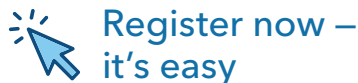
Explore healthy resources

Tools to help you thrive



Manage your care online

See how easy it is to stay on top of your care. When you register at **kp.org**, you get the most out of your membership – and can manage your health anytime, anywhere.¹



**Register now –
it's easy**

You can register online at **kp.org** or on the Kaiser Permanente Washington mobile app. Just follow the sign-on instructions. You'll need your medical record number, which you can find on your Kaiser Permanente ID card.

kp.org/register



**Download the
Kaiser Permanente
Washington app**

You can also use the Kaiser Permanente Washington mobile app to register for an online account, message your doctor's office with nonurgent questions, find doctors and locations, view upcoming appointments, and more.

kp.org/wa/mobile



**Take charge
of your care**

Your connection to great health and great care is only a click away on **kp.org**. When you register for an online account, you can access many time-saving tools and tips for healthy living. Visit **kp.org** anytime, anywhere, to:

- View most lab test results
- Refill most prescriptions
- Choose your doctor based on what's important to you, and change anytime
- Schedule and cancel routine appointments
- Print vaccination records for school, sports, and camp
- Manage a family member's health²



Get care online

Sign in at **kp.org/getcare** to access care online.³

- Chat: Chat online with a Kaiser Permanente clinician to get immediate care, treatment, and prescriptions.
- E-visit: Get a personalized care plan for common health issues, plus a prescription if needed. Start an e-visit anytime and get a response from 9 a.m. to 9 p.m. daily. Available to members 18 and older.
- Email: Message your Kaiser Permanente doctor's office with nonurgent questions.

kp.org/getcare

1. These features are available when you get care from Kaiser Permanente facilities. **2.** Online features change when children reach age 12. Teens are entitled to additional privacy protection under state laws. When your child turns 12 years old, you will still be able to manage care for your teen, with modified access to certain features. **3.** When appropriate and available. If you travel out of state, virtual care may be limited due to state laws that may prevent doctors from providing care across state lines. Laws differ by state. **4.** Please note that the ChooseHealthy program is not insurance. You should check any insurance benefits you have before using this discount program, as those benefits may result in lower costs to you than using this discount program. The ChooseHealthy program provides for discounts from participating specialty health care providers. You are obligated to pay for all services from those providers, but will receive a discount from those participating providers for services included in the program. The ChooseHealthy program also provides access to the Active&Fit Direct program, which provides discounted access to fitness centers. The ChooseHealthy program does not make any payments directly to those participating providers or to the Active&Fit Direct program. The ChooseHealthy program has no liability for providing or guaranteeing services and assumes no liability for the quality of services rendered. Discounts on products and services available through the ChooseHealthy program are subject to change; please consult the website for current availability.

Get wellness support

Take advantage of these convenient perks – from personal health coaching to reduced rates on alternative medical therapies.



Live healthier with helpful resources

With our wellness resources, you'll get tools, tips, and information to help you create positive changes in your life. Our complimentary resources can help you:

- Lose weight
- Eat healthier
- Quit smoking
- Reduce stress
- Manage ongoing conditions like diabetes or depression

kp.org/health-wellness



Connect to a wellness coach

If you need more support, we offer Wellness Coaching by Phone at no cost. You'll work one-on-one with your personal coach to make a plan to help you reach your health goals.

kp.org/wellnesscoach



Join health classes

With all kinds of health classes and support groups offered at our facilities, there's something for everyone. Classes vary at each location, and some may require a fee.

kp.org/classes



Enjoy reduced rates

Get reduced rates on a variety of health-related products and services through the ChooseHealthy® program.⁴ These include:

- Active&Fit Direct – members pay \$28 per month (plus a one-time \$28 enrollment fee) for access to a national network of over 12,200 locations
- Up to 25% off a contracted provider's regular rates for:
 - Acupuncture
 - Chiropractic care
 - Massage therapy
 - Naturopathy

kp.org/wa/alternativecare



Take time for self-care

Manage stress, improve your mood, sleep better, and more with the help of wellness apps, available at no cost to members.

kp.org/selfcareapps

Learn more about your health

More information is just a click away. Use these interactive tools and reference guides to find answers to your health questions and help you make decisions about your care.

Alternative care	Learn about reduced rates available for acupuncture, chiropractic care, massage therapy, and naturopathy, with no doctor's referral needed. You can also access online wellness information, activity tracking and other tools, and a health and wellness library – at no additional cost. kp.org/wa/alternativecare
Drug encyclopedia	Look up detailed descriptions of thousands of drugs, including possible side effects. kp.org/medications
Health encyclopedia	Explore more than 40,000 pages of in-depth information on health conditions, related symptoms, and treatment options. kp.org/health
Health guides	Stay informed on popular health subjects or discover something new through our healthy living guides. kp.org/livehealthy
Medical test directory	Learn more about your options for common tests and procedures, along with their risks and benefits. kp.org/healthdecisions
Symptom checker	Use our interactive visual aid to gauge your symptoms. Click on the body part that's troubling you and learn what to do next. kp.org/symptoms
Videos	Learn more about your health, from controlling high blood pressure to the benefits of exercise. kp.org/video