

# CHOOSE A HEALTH CARE PLAN THAT KEEPS UP WITH YOUR LIFE

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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.**
  - Visit with your doctor by video during regular office hours.
  - Book your appointment online, at your convenience.
- 2 Make a telephone appointment with your primary care doctor.**
  - You may be able to save a trip to the doctor's office. Schedule a phone appointment instead.
- 3 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.
- 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.
  - Grab vaccination records for school, sports, and camp.
  - And so much more.
- 6 Check costs and coverage—anytime, anywhere.**
  - Get all the facts about your plan and benefits via **My Health Manager** at [kp.org](http://kp.org).
  - Review cost estimates for treatments, procedures, tests, or other medical services at [kp.org/costestimates](http://kp.org/costestimates).
- 7 Take your medicine. On time.**
  - Set reminders when to take your meds 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](http://kp.org/wellnesscoach).
- 10 Find your happy weight with Balance.**
  - Get motivated, gain confidence, and meet your challenges with this online program.
  - Find exercise videos, goal-tracking tools, recipes, and more.
  - Visit [kp.org/healthylifestyles](http://kp.org/healthylifestyles) for Balance and other programs.



## 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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