There’s a time and place to manage your health care. **WHENEVER & WHEREVER YOU WANT.**

Stay in control while you’re on the go with our suite of mobile tools, easy-to-use apps, and other smart ways to connect to your care.

*Turn over for more info*
Go with a health care plan that keeps up with your life.
Between work, family, and friends, you have a busy schedule. But you have to make time for your health—and now it’s easy. Simply register at kp.org to start taking advantage of our suite of convenient digital tools and mobile apps so you are always in control of your care.

9 ways you can manage your health on the go:

1. **Manage more than 20 tasks with the KP app.**
   - Get most lab results, order prescription refills, and email your doctor’s office.
   - Access vaccination reports for school, sports, and camp.
   - Make, change, or cancel appointments.
   - Read summaries of past visits with your doctor.
   - Manage the health care of a family member.

2. **Check costs and coverage—anytime, anywhere.**
   - Get all the facts about your plan and benefits via My Health Manager at kp.org.
   - Review cost estimates for treatments, procedures, tests, or other medical services at kp.org/costestimates.

3. **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.

4. **Contact a nurse for medical advice 24/7.**
   - Talk to local Kaiser Permanente nurses—connected to your doctor and care team—to ease your mind about health concerns.

5. **Consult with a doctor 24/7 by video.**
   - See an 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.

6. **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.

7. **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.

8. **Take advantage of wellness coaching.**
   - Work one-on-one by phone with a personal wellness coach at no extra cost. Visit kp.org/wellnesscoach.

9. **Stay fit with digital inspiration.**
   - Get moving with the Every Body Walk! app. You can track your progress in real time as you set walking goals for distance, time, and calorie burn.

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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