



SPEND LESS TIME MANAGING YOUR HEALTH AND MORE TIME ENJOYING IT.

My Health Manager is your one-stop online resource for time-saving features. Use it 24 hours a day, seven days a week to:



ANYTIME. ANYWHERE.

Manage your health online with My Health Manager.

APPOINTMENTS MADE EASY.

Schedule, cancel, or review your office visits online.

Sometimes you're too busy to call to schedule a routine appointment. No problem; just schedule your next appointment online, when it's convenient for you. You can also reschedule or cancel appointments and check prior office visit details.

- **E-mail your doctor**
Send secure, routine messages to your doctor and get a response usually within two business days.
- **View most lab test results**
Get most lab test results as soon as they're available—many on the same day.
- **Refill prescriptions**
Order your prescription refills and have most of them mailed to your home—postage is free.
- **Schedule, cancel, or review routine appointments**
Schedule appointments and check past office visit information for recommended follow-up steps.
- **View recent immunizations, allergies, and more**
Review the names and dates of your immunizations, a list of your allergies, and your eligibility and benefits information.
- **Act for a family member**
Access your family members' health information and e-mail their doctors using our secure online features.

→ Remember to add kp.org/myhealthmanager to your list of bookmarked sites for easy access.

Check it out at kp.org/myhealthmanager

kp.org





YOUR HEALTH IS PERSONAL. WE HELP KEEP IT THAT WAY.

Registering is safe and secure.

My Health Manager features adhere to all state and federal privacy and security regulations and employ the highest standards of online security, so you can rest assured your health information is kept safe and secure.

To start using My Health Manager right away, 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. And if you can't or don't wish to complete registration online, you can finish the process by mail.

→ To date, nearly 3 million Kaiser Permanente members have registered on kp.org.



E-MAIL YOUR DOCTOR.

Stay in touch with your doctor.

It's a simple, convenient way to strengthen your relationship with your doctor. Next time you have a routine question that might otherwise require a phone call or an appointment, just send your doctor an e-mail. You'll usually get a response within two business days. You can also e-mail a family member's doctor by activating the "Act for a family member" feature. Just like your own account, this information is password-protected.

→ In 2008, members sent nearly 5.8 million secure e-mail messages to their health care provider through kp.org.



GET MOST LAB TEST RESULTS ON YOUR LAPTOP.

And while you're at it, check your allergies and immunizations, too.

Why wait? Get most lab test results as soon as they're available online instead of by phone or mail. Many results are available on the same day. The test results contain links to our health encyclopedia, so you can learn more about what your results may mean. You can also look up your recent immunization history and list of allergies.

Can't remember the date of your child's last tetanus shot? No problem. In addition to displaying your child's allergies and test results, the "Act for a family member" feature lets you access your children's immunizations, too. You'll know which vaccinations they've had and when they were given.

→ Members accessed their lab test results more than 10.6 million times in 2008.



ORDER PRESCRIPTION REFILLS ONLINE.

We'll even mail them postage-paid.

On any given day you may have to run to the cleaners, go grocery shopping, and refill your prescriptions. Wouldn't it be nice to take care of one of those to-dos with a few mouse clicks?

My Health Manager lets you order your prescription refills and refills for your family when it's convenient for you. You don't even have to pick the refills up; we can mail most of them to your home—and postage is free. You can also use this feature to check on the status of your prescriptions or e-mail nonurgent questions about prescription or nonprescription drugs to a Kaiser Permanente pharmacist.

→ Members refilled over 5.6 million prescriptions online last year.