

# explore healthy resources

your guide to good health



KAISER PERMANENTE®  **thrive**

 **Manage  
your care  
online**

 **Join  
wellness  
programs**

 **Get health  
answers  
and learn  
more**

 **Enjoy  
member  
discounts**




# Manage your care online

See how easy it is to stay on top of your care. When you register at **kp.org**, you can use our many time-saving online tools for managing your health – anytime, anywhere.\*

## Take charge of your care with **kp.org**


As a Kaiser Permanente member, **kp.org** is your online gateway to great health. When you register, you can securely access many time-saving tools for managing the care you get at our facilities. Visit **kp.org** anytime, from anywhere, to:

- View most lab results.
  - Refill most prescriptions.
  - Email your doctor's office with nonurgent questions.
  - Schedule and cancel routine appointments.
  - Print vaccination records for school, sports, and camp.
  - Manage a family member's health.
-  Go to **kp.org/experience** to see how it works.

Your **kp.org** membership lets you access many of the resources found in this guide – and more. In some cases, you can even link the results to your electronic health record to share and discuss with your doctor.

## Register now – it's easy

Already a member? Not yet registered? Just go online from a computer (not a mobile device) and follow the sign-on instructions. You'll need your medical/health record number, which you can find on your member ID card.


-  **kp.org/register**  
**kp.org/registreseahora** (en Español)

## Download the Kaiser Permanente app

Once you've registered, go to your smartphone and download the Kaiser Permanente app. Use your **kp.org** user ID and password to activate the app, and you'll be ready to use the secure features anytime, anywhere!

-  Learn more about our app at **kp.org/mobile**.

**Ready to get started at Kaiser Permanente?** Are you a new member? Thinking about joining? See how easy it is to choose a doctor, transition prescriptions, and more.

-  **kp.org/newmember**  
**kp.org/miembrosnuevos** (en español)

\*These features are available when you get care at Kaiser Permanente facilities.



# Join wellness programs

Take advantage of our wide range of convenient tools to help you stay well – from health classes to personal support from a wellness coach and more.



## Take a Total Health Assessment

Ready to boost your health? Take this simple online survey to give you a complete look at your health. You'll get the big picture, including a lifestyle score, key behaviors, and steps to help you make changes.

[kp.org/tha](https://kp.org/tha)



## Sign up for healthy lifestyle programs\*

With our online wellness programs, you'll get advice, encouragement, and tools you need to make healthier choices, improve your well-being, and create positive changes in your life. Our complimentary programs can help you:

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

[kp.org/healthylifestyles](https://kp.org/healthylifestyles)  
[kp.org/vidasana](https://kp.org/vidasana) (en Español)



## Get wellness coaching

If you need a little extra support, we have wellness coaches available to you by phone, at no cost. You'll work one on one with your personal coach to set a plan to help you reach a wide range of health goals.

[kp.org/wellnesscoach](https://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. Go online to see all classes available near you.

[kp.org/classes](https://kp.org/classes)  
[kp.org/classes](https://kp.org/classes) (en Español)

\*This value-added service is an extra service provided by entities other than Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. (KFHP-MAS), and is neither offered nor guaranteed under any KFHP-MAS contract. This entity may change or discontinue offering this service at any time. KFHP-MAS disclaims any liability for the service provided by this entity.



# Get health answers and learn more

Information and inspiration are just a click away. Whether you're looking up a specific topic or browsing for ideas, our reference guides and online tools give you many ways to connect to your health.

<b>Featured health topics</b>	Find all kinds of resources on popular subjects like emotional wellness, nutrition, men's and women's health, pregnancy, and more. ➤ <a href="https://kp.org/livinghealthy">kp.org/livinghealthy</a> <a href="https://kp.org/vidasaludable">kp.org/vidasaludable</a> (en Español)
<b>Health encyclopedia</b>	Explore more than 40,000 pages of in-depth information on health conditions, related symptoms, and treatment options. ➤ <a href="https://kp.org/health">kp.org/health</a> <a href="https://kp.org/salud">kp.org/salud</a> (en Español)
<b>Symptom checker</b>	Use our interactive visual aid to gauge your symptoms. Click on the body part that's troubling you and learn what to do next. ➤ <a href="https://kp.org/symptoms">kp.org/symptoms</a> <a href="https://kp.org/sintomas">kp.org/sintomas</a> (en Español)
<b>Drug encyclopedia</b>	Look up detailed descriptions of thousands of drugs, including possible side effects. ➤ <a href="https://kp.org/medications">kp.org/medications</a> <a href="https://kp.org/medicamentos">kp.org/medicamentos</a> (en Español)
<b>Natural Medicines Comprehensive Database</b>	Find answers to your questions about dietary supplements, vitamins, minerals, and other natural products. ➤ <a href="https://kp.org/naturalmedicines">kp.org/naturalmedicines</a> <a href="https://kp.org/medicinasnaturales">kp.org/medicinasnaturales</a> (en Español)
<b>Videos and podcasts</b>	Look, listen, and learn about your health and well-being. Watch videos or download health-related guided meditation podcasts. ➤ <a href="https://kp.org/video">kp.org/video</a> <a href="https://kp.org/audio">kp.org/audio</a>
<b>Interactive tools and calculators</b>	Take an interactive quiz or enter your information into one of our calculators to learn more about your health. ➤ <a href="https://kp.org/calculators">kp.org/calculators</a>
<b>Recipes</b>	Get inspired to prepare delicious, healthy dishes. Browse recipes by category, like vegetarian dishes, soups, or desserts, or by what's in season. ➤ <a href="https://kp.org/foodforhealth">kp.org/foodforhealth</a>



# Enjoy member discounts

Get reduced rates on many extra products and services through ChooseHealthy.™\*



## Live healthy for less

Our members get reduced rates on a variety of products and services through ChooseHealthy. You'll find reduced rates on:

- **Acupuncture** – 25% off a contracted acupuncturist's regular rates
- **Massage therapy services** – 25% off a contracted massage therapist's regular rates
- **Chiropractic care** – 25% off a contracted chiropractor's regular rates
- **Gym memberships** – 10% off at participating fitness facilities

You can also get reduced rates on vitamins and supplements.



## Get started online

Visit the ChooseHealthy website to find a participating chiropractor, acupuncturist, or massage therapist, and see all other member discount options.

On the website, you'll also get complimentary access to:

- Wellness programs
- Trackers
- Health and wellness library

 [kp.org/choosehealthy](https://kp.org/choosehealthy)

\*ChooseHealthy is a product of American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy and the ChooseHealthy logo are federally registered trademarks of ASH. Please note that this is a discount program; it is not insurance. You can access services from any ASH Networks contracted provider; referral from a primary care physician is not required. You're responsible for paying the discounted fee directly to the contracted provider.

The products and services described are provided by entities other than Kaiser Permanente and are neither offered nor guaranteed under your Kaiser Foundation Health Plan contract. Kaiser Permanente does not endorse or make any representations regarding the quality or medical efficacy of such products and services, nor the financial integrity of these entities. Kaiser Permanente disclaims any liability for these products and services. Should a problem arise with any of these products or services, you may call the Member Service Contact Center, and we will direct you as appropriate. Some Kaiser Permanente members may have coverage through their health plan for some of the same services available through ASH Networks. Members should check their *Evidence of Coverage* or call the Member Service Contact Center for their area prior to utilizing the discounts offered by ASH Networks.

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# Contact info

## Find a location

With many locations to choose from, it's easy to get care at a center that's convenient for you. For information about Kaiser Permanente facilities in your area, visit [kp.org/facilities](http://kp.org/facilities).

## Call Member Services

We're here to help you make the most of your membership. Find us online at [kp.org/memberservices](http://kp.org/memberservices), or call one of the numbers below.

### California

Hours: 7 days a week, 24 hours a day. (Closed holidays and at 10 a.m. on Christmas Eve, New Year's Eve, and the day after Thanksgiving.)

English..... **1-800-464-4000**  
Spanish..... **1-800-788-0616**  
Chinese dialects ..... **1-800-757-7585**  
(TTY)..... **711**

### Colorado

#### Denver/Boulder area

Hours: Mon-Fri, 8 a.m.-5 p.m.  
from Denver metro area..... **303-338-3800**

#### Northern Colorado area

(including Greeley, Fort Collins, and Loveland)  
Hours: Mon-Fri, 8 a.m.-5 p.m.  
Information..... **1-800-632-9700**

#### Southern Colorado area

(including Colorado Springs and Pueblo, as well as the Canon City and Woodland Park communities)  
Hours: Mon-Fri, 8 a.m.-5 p.m.  
Information..... **1-888-681-7878**  
(TTY)..... **711**

### District of Columbia

Hours: Mon-Fri, 7:30 a.m.-5:30 p.m.  
from D.C. metro area ..... **301-468-6000**  
from other areas ..... **1-800-777-7902**  
(TTY)..... **711**

### Georgia

Hours: Mon-Fri, 7 a.m.-7 p.m.  
from Atlanta metro area ..... **404-261-2590**  
from other areas ..... **1-888-865-5813**  
(TTY)..... **711**

### Hawaii

#### Islands of Oahu, Maui, Hawaii, Kauai, Lanai, and Molokai

Hours: Mon-Fri, 8 a.m.-5 p.m.; Sat, 8 a.m.-noon  
from Oahu..... **808-432-5955**  
from other areas ..... **1-800-966-5955**  
(TTY)..... **711**

### Maryland

#### Baltimore and suburban D.C. area

Hours: Mon-Fri, 7:30 a.m.-5:30 p.m.  
from D.C. metro area ..... **301-468-6000**  
from other areas ..... **1-800-777-7902**  
(TTY)..... **711**

### Oregon

Hours: Mon-Fri, 8 a.m.-6 p.m.  
from Portland..... **503-813-2000**  
from other areas ..... **1-800-813-2000**  
(TTY)..... **711**

#### Language interpreter services

from all areas..... **1-800-324-8010**

### Virginia

#### Northern area

Hours: Mon-Fri, 7:30 a.m.-5:30 p.m.  
Information..... **1-800-777-7902**  
(TTY)..... **711**

### Washington state

#### Southwest area

Hours: Mon-Fri, 8 a.m.-6 p.m.  
Information..... **1-800-813-2000**  
(TTY)..... **711**

#### Language interpreter services

from all areas..... **1-800-324-8010**

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Services covered under your health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232. Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612.