It's easy to get started as a Kaiser Permanente member



Visit **kp.org/newmember** to get started on the path to great health. We'll guide you through each step, so you get the care you need without missing a beat.

Create your online account

To register, follow the simple steps online or download the Kaiser Permanente app. You'll need your health/medical record number, which you'll find on your member ID card. If you don't have your card yet, you'll get it in the mail soon.

Once you create your account, you can manage your care at kp.org or with our app – anytime, anywhere. View most lab results, schedule routine appointments, refill most prescriptions, email your doctor's office with nonurgent questions, and more.*

Choose your doctor

Find a doctor who's right for you. Start by selecting a convenient facility, then browse our online doctor profiles. You can search by gender, languages spoken, education, and more. Each covered family member can choose their own personal doctor. You can also change your doctor at any time.

Transition your prescriptions

It's easy to move your prescriptions to Kaiser Permanente or discuss them with a doctor, so you'll have what you need to reach your health goals. Once your coverage starts, follow the steps online to transition your prescriptions, and we'll guide you through the process.

Get care

You've got many ways to connect to quality care, when and where it's convenient for you. You can schedule routine appointments online, with our app, or by phone. You can also call us 24/7 for medical advice. For details on getting care when you're away from home, visit **kp.org/travel**.

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

Kaiser Permanente health plans around the country: 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 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057

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