

TAKE CHARGE OF YOUR HEALTH ON THE GO

with our convenient digital resources

kp.org/newmember



Visit kp.org, or download the KP app to manage your health care on your time

Registering online at kp.org or on the KP app is easy. Simply visit kp.org/newmember from a computer or mobile device and follow the sign-in instructions, or download the KP app from your mobile device. You'll need your medical record number which you can find on your Member ID card. The KP app offers all of the great features of kp.org plus the added bonus of a digital Member ID card.¹ You never have to worry about leaving your Member ID at home again.

With kp.org and the KP app you can:²

- View lab results
- Complete an e-visit, a questionnaire for specific medical symptoms
- Print vaccination records
- Refill prescriptions
- Email your doctor's office with nonurgent questions
- Schedule primary care and some specialty visits
- Manage a family member's health care
- Get a personalized cost estimate
- Schedule and launch a video visit³
- Access your digital Member ID card

Download the KP app from the App StoreSM or Google PlayTM today.⁴

¹The digital membership card is currently not available to members in certain plans, including Medicare, Out of Area, and Flexible Choice Three Tier Point-of-Service.

²These features are available when care is received at Kaiser Permanente facilities.

³Video visits are available to Kaiser Permanente members who have a camera-equipped computer or mobile device and are registered at kp.org. You must be present in Maryland, Virginia, or Washington, DC, for visits with your primary care physician or behavioral health provider. For urgent video visits with an emergency doctor, you may also be present in West Virginia, Florida, North Carolina, or Pennsylvania. For certain medical or mental health conditions. For video visits with a behavioral health provider, appointments can be scheduled for follow-up care.

⁴App Store is a service mark of Apple, Inc. Google Play is a trademark of Google, Inc.



Set up caregiver access on kp.org

Caregivers can have access to certain features of kp.org for their loved ones who are Kaiser Permanente members. Nonmembers can be caregivers on kp.org as long as they are at least 18 years old and have either:

1. Permission from the Kaiser Permanente member
2. Legal rights to make decisions on the member's behalf
3. Legal rights to access their health care information

If you're a caregiver, go to kp.org/register to set up an account, and follow the prompts for access.



Stay active with Every Body Walk!

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 the Every Body Walk! app from the App StoreSM or Google PlayTM today.¹



Get text reminders about your appointments

When life gets busy, it's easy to lose track of upcoming appointments. Stay on top of your health care by opting in to receive appointment reminders via text message² on your mobile device.

Enjoy these benefits:

- Appointment reminders for most of you or your loved ones' appointments (must have set up caregiver access on kp.org)
- Ability to confirm or cancel appointments without having to call your doctor's office
- Receive timely information about facility closures (such as for inclement weather)
- Receive other updates related to your care
- Additional notifications regularly added for your convenience

Ensure you receive these convenient notifications by providing us with your most up-to-date mobile phone number. You may verify your mobile phone number:

- During your next visit to a Kaiser Permanente center
- When you make an appointment by calling the Medical Advice and Appointment Center at **800-777-7904**

Opt out at any time by calling **800-777-7904** or replying to the most recent text appointment reminder with the word **STOP**.³

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²Text message reminders are currently available for all primary care appointments and most specialty departments.

³If a member already gets text messages about their prescriptions, they will keep receiving them. Prescription reminders are part of a separate program and unrelated to appointment reminders.



Save time and use our Express Check-In kiosks

Check in easily when you arrive for your doctor's appointment. Every Kaiser Permanente medical center has an Express Check-In kiosk in the lobby. You can use the kiosk to:

- Check in for your appointment
- Make cost share payments
- Pay outstanding balances using credit cards, debit cards, and Apple Pay®



Tap into your pharmacy with the My KP Meds app

Need an easy way to remember to take your medications? Download the My KP Meds app to keep you on schedule 24/7 with convenient reminders to take your meds. Since the app connects to your electronic medical record, you get the most up-to-date information about your prescriptions delivered to your mobile device.

With the My KP Meds app, you can:

- Create a schedule to receive alerts to take medications
- View current medications and track dose history
- Refill prescriptions
- Upload a photo of the prescription bottle to identify the medication for your care team
- Share your list of medications—and a summary of how much you've taken—with your family members or caregivers

Download the My KP Meds app from the App StoreSM or Google PlayTM today.¹



Access your digital ID card right from your smartphone

Use your smartphone as your membership card when you check in to appointments with your doctor. After you've registered on kp.org and downloaded the KP app, open the app to view your digital Member ID Card.² iPhone users can also add their digital ID card to their Apple Wallet.

The electronic card allows you to:

- Check in for appointments with your doctor, lab, and radiology
- Pick up prescriptions
- Access your family's membership information



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