

# Manage your health online anytime



At **kp.org**, it's simple to connect to great health and great care. Check out all the time-saving tools and resources you get as a member.

## Sign on to **kp.org** anytime to:<sup>1</sup>

- View most lab test 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
- Check your plan's benefits, view claims, or estimate costs<sup>2</sup>
- Manage a family member's health care<sup>3</sup>

## Register to get started – it's easy!

If you haven't already, register today to access all these convenient features. Just go to **kp.org/registernow** 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 Kaiser Permanente ID card.
- See detailed instructions on the back of this page.

## Download the Kaiser Permanente app

After you've registered, you can download our app to your mobile device to use these tools on the go. Just use your **kp.org** user ID and password to activate the app, and you'll be all set.

*(continues on back)*

<sup>1</sup>These features are available when you get care at Kaiser Permanente facilities.

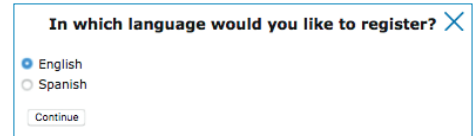
<sup>2</sup>These tools are not yet available on smartphones and tablets.

<sup>3</sup>Due to privacy laws, certain features may not be available if they're being accessed on behalf of a child younger than 18. Your child's physician may also be prevented from giving you certain information without your child's consent.

## Step 1:

### Go to [kp.org/registernow](http://kp.org/registernow)

Select the language you want to register in.



In which language would you like to register? X

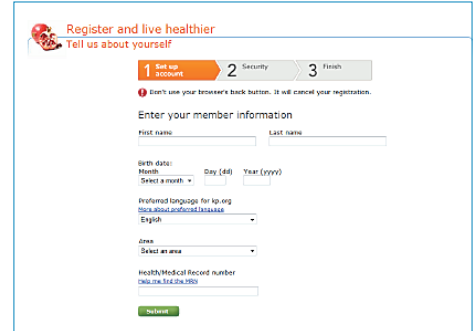
English  
 Spanish

Continue

## Step 2:

### Enter your plan information

Along with your name and birth date, you'll need to enter the medical/health record number printed on your ID card.



Register and live healthier  
Tell us about yourself

1 Set up account 2 Security 3 Finish

Don't use your browser's back button. It will cancel your registration.

Enter your member information

First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Birth date: \_\_\_\_\_  
Month: \_\_\_\_\_ Day (dd): \_\_\_\_\_ Year (yyyy): \_\_\_\_\_

Preferred language for log in:  
[Here about our preferred language](#)  
English

Area: \_\_\_\_\_  
Select an area

Health/Medical Record number  
[Click the link for details](#)

Submit

## Step 3:

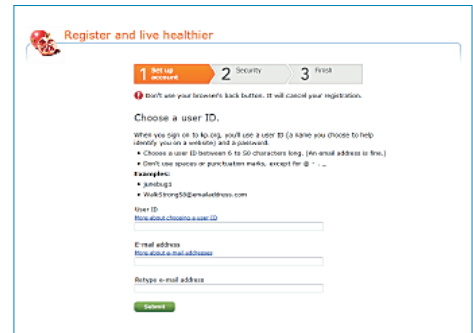
### Accept the terms and conditions

By checking this box and clicking the "Submit" button, I indicate that I have read and agree to the summary and the [entire Terms and Conditions](#) for use of this website, and I have reviewed the [Privacy Statement](#) for this website.

## Step 4:

### Create your user ID

Choose a user ID and enter your email address. After you're registered, you'll use this ID to sign on to [kp.org](http://kp.org).



Register and live healthier

1 Set up account 2 Security 3 Finish

Don't use your browser's back button. It will cancel your registration.

Choose a user ID.

When you sign on to [kp.org](http://kp.org), you'll use a user ID (a name you choose to help identify you on a website) and a password.

- Choose a user ID between 6 to 50 characters long. (An email address is fine.)
- Don't use spaces or punctuation marks, except for @ - ...

Examples:  
• johnd1  
• john@kp.org52@email@kp.com

User ID:

E-mail address:

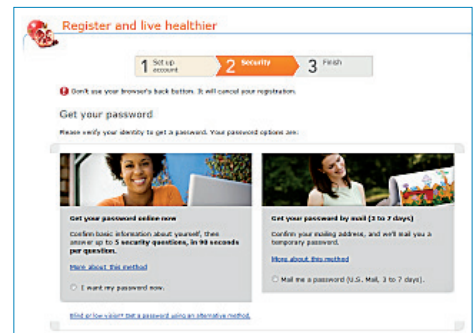
Retype e-mail address:

Submit

## Step 5:

### Secure your account

Complete the security steps online. After answering a few questions to confirm your identity, you'll create a password and pick 3 secret questions to help keep your account secure.



Register and live healthier

1 Set up account 2 Security 3 Finish

Don't use your browser's back button. It will cancel your registration.

Get your password

Please verify your identity to get a password. Your password options are:

**Get your password online now**

Confirm basic information about yourself, then answer up to 5 security questions, in 90 seconds per question.

[Here about this method](#)

I want my password now.

**Get your password by mail (3 to 7 days)**

Confirm your mailing address, and we'll mail you a temporary password.

[Here about this method](#)

Mail me a password (U.S. Mail, 3 to 7 days).

[Find out how to get a password using the online method.](#)

**That's it! As soon as you have your password, you can sign on and start using all the great members-only features of [kp.org](http://kp.org).**

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 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 320 Westlake Ave. N., Suite 100, Seattle, WA 98109 • Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612.