



ANYTIME. ANYWHERE.

Manage your health online with My Health Manager.

New for 2008!

- Make and cancel Ob/Gyn appointments
- Make and cancel appointments for routine eye exams
- My referrals: Check the status of your referrals
- Wallet card: Print a summary of your member, medical, contact, and insurance information
- Act for an adult family member

If you get care, tests, and screenings at a Kaiser Permanente medical center, you can go online 24 hours a day, seven days a week to:

- **E-mail your doctor's office**
Send secure, routine messages to your doctor's office 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.
- **Request, cancel, or review routine appointments**
Request 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 medication allergies, and your eligibility and benefits information.

Register today

To start using My Health Manager, 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.

kp.org/myhealthmanager

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