Explore healthy **resources**

Online tools to help you thrive

KAISER PERMANENTE® thrive

Care you can manage online

Learn more about your health

Get wellness support

Care you can manage online

See how easy it is to manage your health by using our many time-saving online tools. Just register at **kp.org/wa**. Get your care at Kaiser Permanente facilities and take advantage of even more online services.

Take charge of your care

KP.org/wa is your online gateway to great health. When you register, you can securely access many time-saving tools, including tracking your care, getting health information, and more.

Wherever you get care:

- Access your digital membership card
- Refill most prescriptions
- Take an online health risk assessment and receive an action plan
- Review your health plan usage
- View your coverage documents

When you get care at our facilities:

- All of the above
- Email your Kaiser Permanente doctor's office with nonurgent questions
- View most lab and test results
- Schedule most appointments
- Read after-visit summaries
- Manage a family member's health[1]

Go to **kp.org/wa/member-tour** to see how it works.

Register now – it's easy

Just go online from a computer (not a mobile device) and follow the registration instructions. You'll need your member ID number, which you can find on your Kaiser Permanente ID card.

kp.org/wa/register

Go online – for care visits

Care Chat works like instant messaging, connecting you with a Kaiser Permanente care provider who chats with you online. You can get answers to medical questions, advice about a health issue, or guidance on whether you need to be seen. For some common conditions, you can get a treatment plan or a prescription, right on the spot.

Online visits give you a quick diagnosis for some common conditions. Answer a series of questions, and, if you can be helped without an exam, you'll receive a diagnosis within a few hours. Prescriptions are also available if needed.

Download the Kaiser Permanente Washington app

Once you've registered, download the Kaiser Permanente Washington app to your smartphone. Find the links for Apple and Android phones at **kp.org/wa/mobile**. Then sign in to the app with your member ID number and you'll be ready to use the secure features anytime, anywhere.

Learn more about the app: **kp.org/wa/mobile**

Ready to get started at Kaiser Permanente?
See how easy it is to choose a doctor, transfer your prescriptions, and more.

kp.org/wa/getstarted

[1]Due to privacy laws, certain features may not be available if they're being accessed on behalf of a child younger than 18. For a child 13 years old and up, your child's physician may also be prevented from giving you certain information without your child's consent.

Get wellness support

Take advantage of these extra perks – from health coaching and help to quit smoking to discounts on fitness centers and alternative medicine therapies.

Sign up for healthy lifestyle programs

With our online wellness programs, you'll get advice, encouragement, and tools to help you 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

Start by taking the Health Profile, a simple online survey to give you a complete look at your health. You can also share and discuss the results with your doctor.

kp.org/wa/healthy-lifestyles

Get coaching to reach your health goals

Wellness coaching by phone gives you one-on-one help from a trained coach to find personalized ways to improve your health.

Quit for Life, one of the country's most successful tobacco cessation programs, offers phone-based or online coaching to help you quit smoking.

Both programs are available at no additional cost.

kp.org/wa/health-wellness
quitnow.net/kpwa

Join other members in getting healthier

Look for classes and support groups near you, from healthy cooking to living with ongoing health conditions such as diabetes, arthritis, and heart disease. Some may require a small fee.

Or connect with other fitness enthusiasts at statewide sponsored events for biking, running, and walking. You can also enjoy shopping for local produce, fresh flowers, and more at farmers markets we support.

kp.org/wa/classes
kp.org/wa/community-events

Enjoy member discounts

Get reduced rates on a variety of health-related products and services through the ChooseHealthy® Program.[2] These include:

- Acupuncture – 25% off a contracted acupuncturist's regular rates
- Active&Fit Direct – members pay $25 per month for access to a national network of more than 10,000 fitness centers[3]
- Chiropractic care – 25% off a contracted chiropractor's regular rates
- Massage therapy – 25% off a contracted massage therapist's regular rates

To learn more, go to **kp.org/wa/member-perks**.

[2]The ChooseHealthy program is a product of American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). The ChooseHealthy program and the ChooseHealthy program 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.

[3]The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc. (ASH Fitness). ASH Fitness is a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit Direct is a trademark of ASH and used with permission herein.

Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101

Learn more about your health

Information and inspiration are just a click away. Use these interactive tools and reference guides to find answers to your health questions and help you make decisions about your care.

Health encyclopedia	Explore more than 40,000 pages of in-depth information on health conditions, related symptoms, and treatment options. **kp.org/health** **kp.org/salud** (en español)
Health guides	Stay informed on popular health subjects or discover something new through our live healthy health guide collections, available in English and Spanish. **kp.org/livehealthy** **kp.org/vidasaludable** (en español)
Drug encyclopedia	Look up detailed descriptions of thousands of drugs, including possible side effects. **kp.org/medications** **kp.org/medicamentos** (en español)
Natural Medicines Comprehensive Database	Find answers to your questions about dietary supplements, vitamins, minerals, and other natural products. **kp.org/naturalmedicines** **kp.org/medicinasnaturales** (en español)
Medical test directory	Learn more about your options for common tests and procedures, along with their risks and benefits. **kp.org/healthdecisions**
Wellness blog for Washington	Check out fitness ideas, tips for healthy aging, events to watch for, and podcasts featuring members. **kp.org/wa/health**
Recipes	Get inspired to prepare delicious, healthy dishes. Browse recipes by category, like vegetarian dishes, soups, or desserts, or by what's in season. **kp.org/foodforhealth**
Symptom checker	Use our interactive visual aid to gauge your symptoms. Click on the body part that's troubling you and learn what to do next. **kp.org/symptoms** **kp.org/sintomas** (en español)
Pedometer app	Track your every step with the Every Body Walk! app – including distance covered, time elapsed, calories burned, and routes taken. **kp.org/10000steps**