Protect yourself against medical identity theft

If your name and medical record number get into the wrong hands, they can be used illegally.

Protect yourself by taking these steps:

**SECURE**

*your Kaiser Permanente member ID card*

Be sure to keep it inside your wallet, purse, or backpack.

**REMOVE**

*labels from empty pill bottles*

Be sure to destroy any personal information before throwing out your pill bottles.*

*Also be sure to dispose of any leftover medication properly.

**PROTECT**

*your after-visit summary*

Store it somewhere safe. Better yet, go paperless – visit kp.org to view your after-visit summary online.

**SHRED**

*medical paperwork before throwing it out*

This helps protect your personal health information and any billing information.