

# Simple steps to connect with your health

## Register for My Health Manager on **kp.org** from your computer

With My Health Manager on kp.org, you can take charge of your health securely online—24 hours a day, seven days a week.

### It only takes a few minutes

Visit **kp.org/registernow** from your computer to set up your account. Just have your medical record number handy and follow the five simple steps to the right. Then you can start using the convenient tools of My Health Manager from any computer, smartphone, or mobile device.

Registration is safe and secure—we'll ask a few questions only you could answer, and you'll have a set time to respond. If you need help or have any questions, just give us a call at **1-800-556-7677**.

### You're in charge

Once you're registered, you can start using My Health Manager to stay on top of the care you receive at our facilities.

- ▶ Email your doctor's office with nonurgent health questions.
- ▶ Schedule or cancel routine appointments.
- ▶ View most lab test results.
- ▶ Refill prescriptions and have most of them mailed to your home.
- ▶ Use all these tools on the go—just download the free Kaiser Permanente app for your smartphone or mobile device.

### Get started today at **kp.org/registernow**.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Ohio • 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

## 1 Enter your membership information

First name  Last name

Birth date: (mm-dd-ccyy)  
Month  Day  Year

Area

Health/Medical Record number

[What's this?](#)

## 2 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.

## 3 Create your user ID

User ID

E-mail address

Retype e-mail address

## 4 Secure your account

**Get your password online now**  
Confirm basic information about yourself, then answer up to 5 security questions, in 90 seconds per question.  
[More 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.  
[More about this method](#)  
 Mail me a password (U.S. Mail, 3 to 7 days).

[Blind or have low vision and need your password in an alternate format?](#)

## 5 Sign on

User ID

Password

[Forgot your user ID or password?](#)

[Sign on help](#)

### Complete security steps online

Along with answering a few questions to confirm your identity, you'll create a password and pick three secret questions to help keep your account secure.

Questions to confirm your identity are developed using industry-standard online security practices, so all your information stays protected.

### Or finish the process by mail

You'll receive a temporary password in the mail in three to seven days. After you sign on for the first time, you'll be asked to create a new password and pick three secret questions to help keep your account secure.

