Lee and Becky LayPort have been Kaiser Permanente Kern County members since 2013 and they couldn’t be happier with the services they’ve received.

Recently, they both received their annual flu shot at the Ming Avenue drive thru flu clinic. Lee LayPort is a great advocate for the flu vaccine and KP. He shared that he and his wife, Becky, have been getting the flu shot for 20 years.

“I’d definitely get a flu shot,” he said. “This will be our 20th year getting the flu shot and we’ve never had any reaction or anything and we’ve never had the flu. So, I think it’s the wise thing to do.”

The retired married couple of 40 years lived in Singapore for 3 ½ years. Lee worked for a transportation system, building “people movers” and Becky was a registered oncology nurse. Both are used to receiving lots of vaccinations, which goes along with the requirements of living out of the country.

“I’m not sure why some people are opposed to getting a flu shot,” said Mr. LayPort. “Why take a chance of getting the flu? Flu shots don’t hurt and there are no side effects. It’s free and it doesn’t take any time at all to get the shot. KP makes it very convenient,” he continued.

Lee and Becky enjoy staying active. Becky attends the exercise classes usually held at the Center for Healthy Living, but now does light aerobic classes on YouTube. Lee performs his daily routine, five days a week, of 40 laps in the pool, 500 sit ups and completing one mile on the Elliptical machine.

Both have had previous medical conditions. Lee had hernia surgery and Becky had knee replacement surgery, but both found Kaiser Permanente provided excellent care. “KP does it right!” Having had other insurance plans in the past, both are impressed with KP’s electronic medical record and the convenience of the medication delivery service. They have recommended KP to many of their family and friends.

They both understand the importance of preventative care. Becky offered, “People shouldn’t be afraid to get the flu shot. It’s a good thing! They should do all they can to stay healthy. When you get to be our age, you don’t want to get sick. With Kaiser Permanente, you don’t have to worry about anything, and everyone is so nice. We are very happy with KP.”