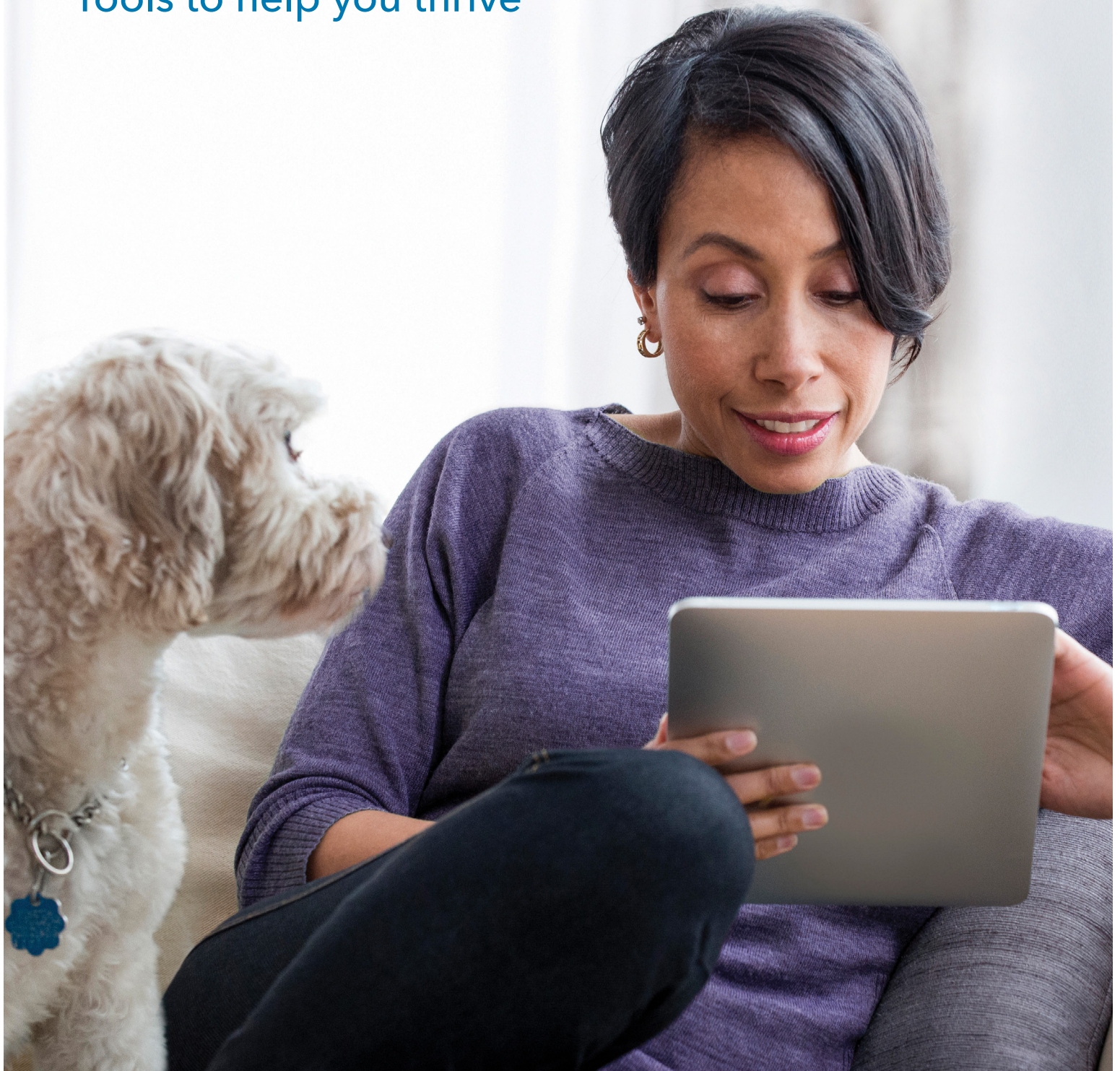


# Explore healthy resources

Tools to help you thrive



# Manage your care online

See how easy it is to stay on top of your care. When you register at [kp.org/wa/register](https://kp.org/wa/register), you get the most out of your membership – and can manage your health anytime, anywhere.<sup>1</sup>



## Take charge of your care

Your connection to great health and great care is only a click away. When you register for an online account, you can access many time-saving tools and tips for healthy living. Then, sign in anytime, anywhere, to:

- Schedule virtual or in-person care, or get immediate care through Care Chat online messaging
- View most lab test results
- Refill most prescriptions
- Choose your doctor based on what's important to you, and change anytime
- Email your Kaiser Permanente care team with nonurgent questions
- Print vaccination records for school, sports, and camp
- Manage a family member's health<sup>2</sup>



## Register now – it's easy

You can register online at [kp.org/wa](https://kp.org/wa) or on the Kaiser Permanente mobile app. Just follow the sign-on instructions. You'll need your health/medical record number, which you can find on your Kaiser Permanente ID card.

[kp.org/wa/register](https://kp.org/wa/register)



## Download the Kaiser Permanente app

You can also use the Kaiser Permanente Washington mobile app to register for an online account, message your doctor's office with nonurgent questions, find doctors and locations, view upcoming appointments, and more.

[kp.org/wa/mobile](https://kp.org/wa/mobile)



## Making the switch to great care is easy

Are you new to Kaiser Permanente? Thinking about joining? It's simple to get started with your new plan – and we're here to walk you through it. Get started with Kaiser Permanente at [kp.org/easyswitch](https://kp.org/easyswitch).

1. These features are available when you get care from Kaiser Permanente facilities. 2. Online features change when children reach age 13. Teens are entitled to additional privacy protection under state laws. When your child turns 13 years old, you will still be able to manage care for your teen, with modified access to certain features. 3. Please note that the ChooseHealthy program is not insurance. You should check any insurance benefits you have before using this discount program, as those benefits may result in lower costs to you than using this discount program. The ChooseHealthy program provides for discounts from participating specialty health care providers. You are obligated to pay for all services from those providers, but will receive a discount from those participating providers for services included in the program. The ChooseHealthy program also provides access to the Active&Fit Direct program, which provides discounted access to fitness centers. The ChooseHealthy program does not make any payments directly to those participating providers or to the Active&Fit Direct program. The ChooseHealthy program has no liability for providing or guaranteeing services and assumes no liability for the quality of services rendered. Discounts on products and services available through the ChooseHealthy program are subject to change; please consult the website for current availability. The ChooseHealthy Active&Fit Direct program is currently not available to Kaiser Foundation Health Plan of Washington Medicare Advantage members. The programs described above are provided by ChooseHealthy, Inc. and American Specialty Health Fitness, Inc., subsidiaries of American Specialty Health Incorporated (ASH). ChooseHealthy and Active&Fit Direct are trademarks of ASH and used with permission herein.



# Get wellness support

Take advantage of these extra perks – from personal health coaching to reduced rates on alternative medical therapies.



## Quit smoking – for good

The Quit for Life® Program can help you quit using tobacco through a combination of program materials and personalized telephone counseling sessions. You also have access to Web Coach®, an online platform where you can:

- Interact with Quit Coaches and peers
- Track money saved by reducing tobacco usage
- Build a Quit Plan
- Manage stress and avoid weight gain
- Complete exercises that help you quit
- Watch videos about topics on quitting tobacco (such as medications that may help)
- Build a list of allies for support

[quitnow.net/kpwa](http://quitnow.net/kpwa)



## Get a wellness coach

If you need a little extra support, we offer Wellness Coaching by Phone at no cost. You'll work one-on-one with your personal coach to make a plan to help you reach your health goals.

[kp.org/wellnesscoach](http://kp.org/wellnesscoach)



## Join health classes

With all kinds of health classes and support groups offered at our facilities and online, there's something for everyone. Classes vary at each location, and some may require a fee.

[kp.org/classes](http://kp.org/classes)



## Enjoy reduced rates

Get reduced rates on a variety of health-related products and services through The ChooseHealthy™ program.<sup>3</sup> These include:

- Active&Fit® Direct – members pay \$25 per month (plus a one-time \$25 enrollment fee) for access to a national network of more than 10,000 fitness centers
- Up to 25% off a contracted provider's regular rates for:
  - Acupuncture
  - Chiropractic care
  - Massage therapy
  - Naturopathy

[kp.org/choosehealthy](http://kp.org/choosehealthy)



## Take time for self-care

Manage stress, improve your mood, sleep better, and more with the help of wellness apps, available at no cost to adult members.

[kp.org/selfcareapps](http://kp.org/selfcareapps) (select Washington region)

# Learn more about your health

More information is 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.

<b>Drug encyclopedia</b>	Look up detailed descriptions of thousands of drugs, including possible side effects. <b><a href="https://kp.org/medications">kp.org/medications</a>   <a href="https://kp.org/medicamentos">kp.org/medicamentos</a> (en español)</b>
<b>Health encyclopedia</b>	Explore more than 40,000 pages of in-depth information on health conditions, related symptoms, and treatment options. <b><a href="https://kp.org/health">kp.org/health</a>   <a href="https://kp.org/salud">kp.org/salud</a> (en español)</b>
<b>Health guides</b>	Stay informed on popular health subjects or discover something new through our healthy living guides, available in English and Spanish. <b><a href="https://kp.org/livehealthy">kp.org/livehealthy</a>   <a href="https://kp.org/vidasaludable">kp.org/vidasaludable</a> (en español)</b>
<b>Interactive tools and calculators</b>	Take an interactive quiz or enter your information into one of our calculators to learn more about your health. <b><a href="https://kp.org/calculators">kp.org/calculators</a></b>
<b>Medical test directory</b>	Learn more about your options for common tests and procedures, along with their risks and benefits. <b><a href="https://kp.org/healthdecisions">kp.org/healthdecisions</a></b>
<b>Natural Medicines Comprehensive Database®</b>	Find answers to your questions about dietary supplements, vitamins, minerals, and other natural products. <b><a href="https://kp.org/naturalmedicines">kp.org/naturalmedicines</a>   <a href="https://kp.org/medicinasnaturales">kp.org/medicinasnaturales</a> (en español)</b>
<b>Recipes</b>	Get inspired to prepare delicious, healthy dishes. Browse recipes by category – like vegetarian dishes, soups, or desserts – or by what’s in season. <b><a href="https://kp.org/foodforhealth">kp.org/foodforhealth</a></b>
<b>Symptom checker</b>	Use our interactive visual aid to gauge your symptoms. Click on the body part that’s troubling you and learn what to do next. <b><a href="https://kp.org/symptoms">kp.org/symptoms</a>   <a href="https://kp.org/sintomas">kp.org/sintomas</a> (en español)</b>
<b>Videos and podcasts</b>	Look, listen, and learn about your health and well-being. Watch videos or download health-related, guided meditation podcasts. <b><a href="https://kp.org/video">kp.org/video</a>   <a href="https://kp.org/audio">kp.org/audio</a></b>