

# Register today

For a healthier way of life.



Register on [kp.org](http://kp.org), and you'll find convenient, time-saving features that make managing your health easier. Registering is simple and takes just a few minutes. Go to [kp.org/register](http://kp.org/register) today and get what you need to be at your best.

It's secure and convenient. And it's free.

## Registering is easy and secure.

- Go to [kp.org/register](http://kp.org/register).
- We'll ask you a few questions to verify your identity. (We use the highest online security standards to ensure your health information is kept safe and secure.)
- You'll be asked to create a user ID and password. (If you can't or don't wish to complete this step online, you can finish the process by mail.)
- Once you're registered, sign on at [kp.org](http://kp.org) with your user ID and password.

## Save time online.

- After you've registered, you can use the time-saving features of My Health Manager when you receive care at Kaiser Permanente facilities.
- Make appointments for routine care.
- Order prescription refills and have most mailed to your home— with free shipping!
- E-mail your doctor with routine health questions.
- View most lab test results and recent immunization records.
- You can also get personalized digital health coaching with one of our healthy lifestyle programs.
- Take a total health assessment, improve your eating habits, manage your weight, or try one of eight other programs to improve your health—all on your schedule.

