



# 4 simple steps to get started\*



## Register for secure access to [kp.org](http://kp.org)

Start by registering at [kp.org/register](http://kp.org/register). Then you can use the convenient online features of My Health Manager,\* 24/7:

- Email your doctor's office.
- Schedule routine appointments.
- Refill prescriptions.
- View most lab test results.
- View, track, and pay bills.
- See recent office visits and immunization records.
- Check your benefits information.



## Choose your doctor

Find the right doctor for your needs. Call **1-888-956-1616**, Monday through Friday from 7 a.m. to 7 p.m., or view our doctors' profiles at [kp.org/doctorsandlocations](http://kp.org/doctorsandlocations) and choose one online.



## Transfer your prescriptions

Call **1-888-956-1616**, Monday through Friday from 7 a.m. to 7 p.m., or visit [kp.org/newmember](http://kp.org/newmember) and click "Transfer Prescriptions."



## Make your first appointment

Call **1-888-988-2800** and say "new member" when prompted, Monday through Friday from 7 a.m. to 7 p.m. Once you're registered on [kp.org](http://kp.org), you can also schedule routine appointments online.



Find tips on getting started and managing your health at [kp.org/orangecounty](http://kp.org/orangecounty).



### For more information

We're always here to help. Call **1-888-988-2800** and say "new member" when prompted, Monday through Friday from 7 a.m. to 7 p.m. Or go online to [kp.org/newmember](http://kp.org/newmember).

\*When receiving care at Kaiser Permanente facilities