



Manage your health online anytime

At **kp.org**, it's simple to connect to great health and great care. Check out all the time-saving tools and resources you get as a member.

Sign on to **kp.org** anytime to:¹

- View most lab test results
- Refill most prescriptions
- Email your doctor's office with nonurgent questions
- Schedule and cancel routine appointments
- Print vaccination records for school, sports, and camp
- Check your plan's benefits, view claims, or estimate costs²
- Manage a family member's health care³

Register to get started—it's easy

If you haven't already, register today to access all these convenient features. Just go to **kp.org/registernow** from a computer or mobile device and follow the sign-on instructions.

- You'll need your medical/health record number, which you can find on your Kaiser Permanente ID card.
- See detailed instructions on the back of this page.

Download the Kaiser Permanente app

After you've registered, you can download our app to your mobile device to use these tools on the go. Just use your **kp.org** user ID and password to activate the app, and you'll be all set.

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¹These features are available when you get care at Kaiser Permanente facilities.

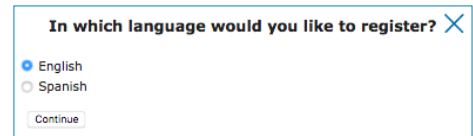
²These tools are not yet available on smartphones and tablets.

³Due to privacy laws, certain features may not be available if they're being accessed on behalf of a child younger than 18. Your child's physician may also be prevented from giving you certain information without your child's consent.

Step 1

Go to kp.org/registernow

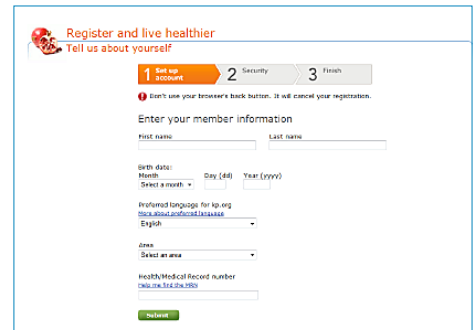
Select the language you want to register in.



Step 2

Enter your plan information

Along with your name and birth date, you'll need to enter the medical/health record number printed on your ID card.



Step 3

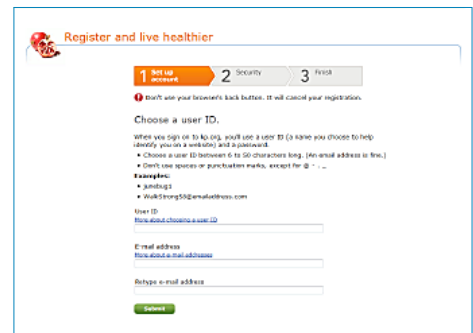
Accept the terms and conditions.

☐ 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.

Step 4

Create your user ID

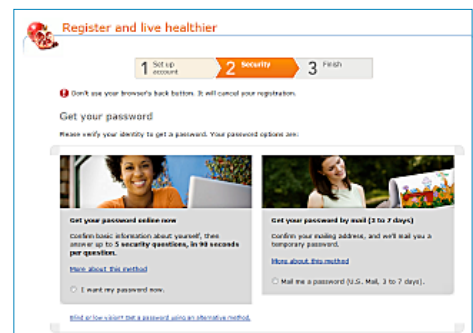
Choose a user ID and enter your email address. After you're registered, you'll use this ID to sign on to kp.org.



Step 5

Secure your account

Complete the security steps online. After answering a few questions to confirm your identity, you'll create a password and pick three secret questions to help keep your account secure.



That's it. As soon as you have your password, you can sign on and start using all the great members-only features of kp.org.

Services covered under your health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, DC, 2101 E. Jefferson St., Rockville, MD 20852. Services for self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612.