

Simple steps to connect with your health



Start managing your health online on your time

As a Kaiser Permanente member, **kp.org** is your connection to great health and great care. Once you register, you'll have easy access to time-saving tools and resources that help you stay on top of your health and keep you feeling great.

Manage your health anytime, from anywhere

Sign on anytime to:*

- View most lab 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.
- Use tools to help you manage your coverage and costs.†
- Manage a family member's health care.

Even if you don't need care right away, register today and explore our tools so you can use them as soon as you need them.



Registering is very easy

Go to **kp.org/registernow** from a computer (not a mobile device) and follow the sign-on instructions. You'll need your medical record number, which you can find on your member ID card.

Detailed instructions are printed on the back of this page.

Download the Kaiser Permanente app

Once you've registered, you can download the Kaiser Permanente app to your smartphone to access these tools on the go.

1. From your smartphone, go to your preferred app site: App StoreSM (iOS) or Google PlayTM (AndroidTM).‡
2. Search for the Kaiser Permanente app, then download it for your smartphone.
3. Use your **kp.org** user ID and password to activate the app, and you'll be ready to go!

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

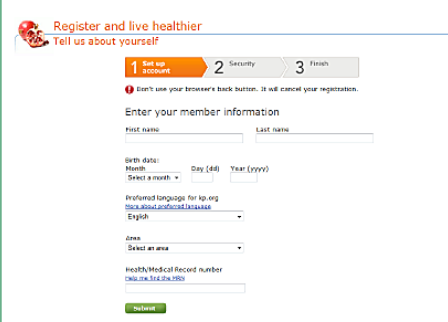
†These tools are not yet available on smartphones and tablets.

‡Apple is a trademark of Apple, Inc., registered in the U.S. and other countries. App Store is a service mark of Apple, Inc. Google Play and Android are trademarks of Google, Inc.

Step 1:

Enter your membership information

Along with simple questions like your name and birth date, you'll need to enter the medical record number printed on your member ID card.



The screenshot shows a registration page titled "Register and live healthier" with a sub-header "Tell us about yourself". It features a progress bar with three steps: "1 Set up account" (active), "2 Security", and "3 Finish". A warning icon and text state: "Don't use your browser's back button. It will cancel your registration." Below this, the "Enter your member information" section includes fields for "First name" and "Last name", a "Birth date" selector (Month, Day (dd), Year (yyyy)), a "Preferred language for kp.org" dropdown (English), a "Zone" dropdown, and a "Health/Medical record number" field with a "Show/Hide" link. A green "Submit" button is at the bottom.

Step 2:

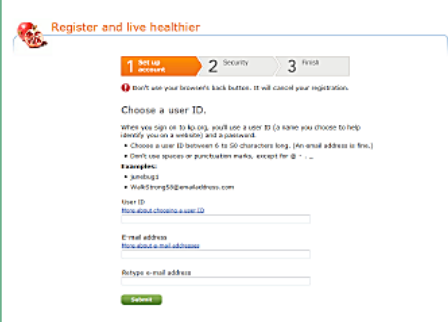
Accept the terms and conditions

- ☐ 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 3:

Create your user ID

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



The screenshot shows the "Choose a user ID" step. It includes instructions: "When you sign on to kp.org, you'll use a user ID (a name you choose to help identify you on a website) and a password." and "Choose a user ID between 6 to 50 characters long. (An email address is fine.)". It also lists rules: "Don't use spaces or punctuation marks, except for @ - _ .". Examples provided are "jane1234" and "jane1234@emuladress.com". Fields for "User ID" (with a "Show/Hide" link) and "E-mail address" (with a "Show/Hide" link) are present, along with a "Re-type e-mail address" field and a green "Submit" button.

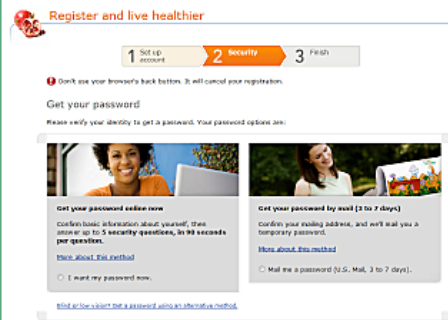
Step 4:

Secure your account

Complete the security steps online. After answering a few questions to confirm your identity, you'll create a password and pick 3 secret questions to help keep your account secure.

These questions are developed using industry-standard online security practices, so all your information stays protected.

Or finish registering by mail. You'll get a temporary password in the mail in 3 to 7 days. After you sign on for the first time, you'll create a new password and pick 3 secret questions to help keep your account secure.



The screenshot shows the "Get your password" step. It includes a warning: "Don't use your browser's back button. It will cancel your registration." and the instruction: "Please verify your identity to get a password. Your password options are:". Two options are presented: "Get your password online now" (with a "Show/Hide" link) and "Get your password by mail (3 to 7 days)" (with a "Show/Hide" link). Each option has a "I want my password now" radio button. A link at the bottom says "What if I've selected not a password using an alternative method?".

Step 5:

Sign on

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