Fuel your good health with knowledge

Online health calculators
Want to check your progress on the way to a healthier you? Measure your health with our online health calculators.

→ Find out if you’re at a healthy weight.
→ See if you’re getting enough calcium in your diet.
→ Determine your due date if you’re pregnant.
→ Learn how to avoid asthma triggers.
→ Find out how much smoking is costing you.
→ Assess your stress level.

Best of all, you can do it from the comfort of home. Go to kp.org/calculators and calculate your health today.

Featured health topics at kp.org
Our featured health topics bring together a variety of resources on specific topics in one convenient place. Get health information, including tools, details about medications, treatment options, and practical steps for preventing or managing conditions, on the following topics:

→ Allergies
→ Arthritis
→ Asthma
→ Cancer
→ Child and teen health
→ Colitis and IBD
→ Complementary and alternative care
→ Depression
→ Diabetes
→ Fitness
→ Healthy aging
→ Heart health
→ HIV/AIDS and STDs
→ Making health decisions
→ Men’s health
→ Mind and body health
→ Nutrition
→ Pain management
→ Pregnancy/New baby
→ Preventive care
→ Quitting smoking
→ Surgery
→ Weight management
→ Women’s health

Visit kp.org/healthyliving and find a healthy dose of help.

kp.org/healthyliving
Este documento contiene información útil sobre recursos en línea que pueden ayudarle a vivir una vida saludable. Para más detalles visite el sitio kp.org/espanol.

For details on savings, call Kaiser Permanente Member Services at 1-800-777-7902 (TTY 301-879-6380), Monday through Friday, 7:30 a.m. to 5:30 p.m. Medicare Plus members call 1-888-777-5346 (TTY 1-866-513-0008), 7 days a week, 8 a.m. to 8 p.m.

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**Within the limitations of state and federal law

10,000 Steps® is a registered trademark of HealthPartners, Inc.

Visit kp.org/healthyliving and find a healthy dose of help.
Easy access to timely personal health information

**My Health Manager**

As a Kaiser Permanente member, you have access to My Health Manager through kp.org. It gives you access to your personal health information in real time. It is created and maintained by your doctor and other professionals (nurses, pharmacists, laboratory professionals, etc.) involved in your care.

Your health record is much more than a report of data collected through claims and billing activity. It can be developed by individually creating your own personal health record. With My Health Manager, you have accurate and timely information about your health care.

**What can you do online?**

- **Manage your appointments**
  - Schedule and cancel routine appointments for primary care.
  - Schedule and cancel Obst/Gyn appointments and routine eye exams.
  - Review your future appointments.
  - Review your referral status.
  - Access most lab results online as soon as they're available.
  - Get a mammogram reminder when you are due for a mammogram.
  - Schedule and cancel routine appointments.
  - Get an e-mail reminder when your appointment is due.
  - Print a wallet card.
  - Print your health history.
  - Check your immunizations.
  - And more!
  - Act for a family member.

**Communicate with your doctor**

- E-mail your doctor's office.
- Read about past office visits, including your doctor's instructions.
- Handle your medication information.
- Request prescription refills.
- See a list of your medication allergies.
- Read about your prescriptions.

**Alerted to changes and information**

- Get an e-mail reminder when your appointment is due.
- Print a wallet card.
- View your health history.
- Print a summary of your health conditions, medications, allergies, immunizations, and health reminders.
- Check your immunizations.
- And more!
- Act for a family member.

**Online programs, convenient classes**

**Health lifestyle programs**

- **Reaching your personal health goals can be challenging.** But we can help. With our healthy lifestyle programs, you get a personalized action plan to help improve your quality of life and well-being.
  - Take an inventory of your health with HealthMedia® Success.
  - Reach your weight-loss goals with HealthMedia® Balance.
  - Reduce and manage your stress with HealthMedia® Relax.
  - Make smart food choices with HealthMedia® Nourish.
  - Stop smoking for good with HealthMedia® Breath.
  - Learn strategies for coping with chronic pain using HealthMedia® Care® for Your Pain.

- **Start making positive changes today.** Visit kp.org/healthylifestyles for more information and a complete list of our programs. Or go to kp.org/vidasana to learn about programs available in Spanish.

**Healthy Living**

**Classes and resources near you**

- It’s about being well informed and well prepared.
- It’s about making good choices. Have you been thinking about new ways to make familiar challenges, such as how to quit smoking or manage your weight? By going to kp.org/classes, you can search our directory of Healthy Living classes, programs, and resources available at your local medical facility. Some classes may require a fee.

**Recipes for good health**

- **Health guides A to Z**
  - Health tip: Get a few pages (actually, more than 40,000 Web pages) with in-depth information about health conditions and treatment options. Research over 4,000 topics—plus over 200 in English and Spanish—and learn about prevention, treatment, self-care, and other subjects and resources to help you make decisions about your health.

- **Health Encyclopedia**
  - Visit kp.org/healthencyclopedia to prepare savory and healthy meals. Bon appetit!

- **GlobalFit**
  - You and your family can enjoy convenient, affordable access to a range of fitness options with GlobalFit, our healthy living benefit provider. Take advantage of lower rates on flexible memberships to more than 2,000 fitness clubs nationwide, a special, low price on the NutriSystem® weight-loss program, and exclusive discounts on at-home fitness equipment from Smooth Fitness.

- **Join the conversation**
  - Follow @KPChooseHealthy on Twitter, Facebook, Twitter, YouTube, and our RSS feed.

- **Kaiser Permanente recipes**
  - **Download widgets to your desktop for yoga, brain teasers, and fitness.**
  - **Shop for the latest coolers, T-shirts, and exercise merchandise.**

- **Find out the latest Kaiser Permanente news in your neighborhood with “Thriving Communities.”**

- **Reach—and within your budget.** As a Kaiser Permanente member, you have access to this health site that offers a directory of comprehensive health care services, information about comprehensive health care services, and discounts on health and wellness products.

To learn more, visit kp.org/choosehealthy.

**We’re right there for you**

**Weight Watchers**

- **We’ve teamed up with Weight Watchers to bring you discounts and savings so you can follow the plan step-by-step online, with interactive tools, tips, recipes, and more.**
  - There are pricing options for a three-month or one-year program.
  - We give you access to our program.

**ChooseHealthy**

- **Access to discounts on health products and services**
  - **A happier, healthier you is within your reach—and within your budget.** As a Kaiser Permanente member, you have access to this health site that offers a directory of comprehensive health care services, information about comprehensive health care services, and discounts on health and wellness products.

To learn more, visit kp.org/choosehealthy.

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