



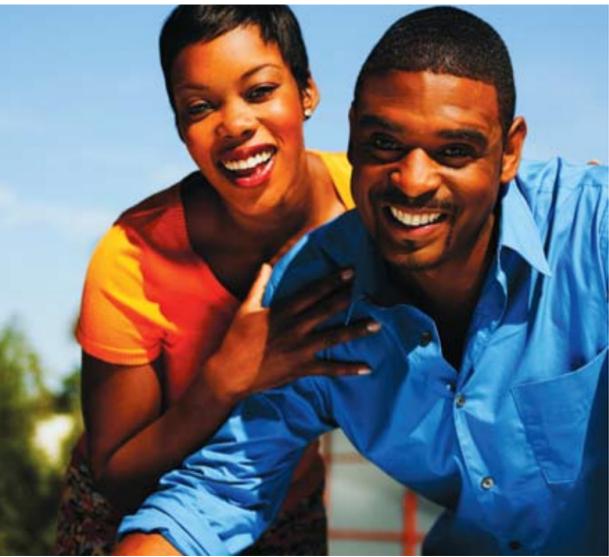
## Fuel your good health with knowledge

### 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](http://kp.org/calculators) and calculate your health today.



### Featured health topics at [kp.org](http://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
- Colds and flu
- 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](http://kp.org/healthyliving) and find a healthy dose of help.

### [kp.org/healthyliving](http://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](http://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 1-888-777-5536 (TTY 1-866-513-0008), 7 days a week, 8 a.m. to 8 p.m.

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These products and services are provided by entities other than Kaiser Permanente and are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Kaiser Permanente does not endorse or make any representations regarding the quality or medical efficacy of such products and services, nor the financial integrity of these entities. Any disputes regarding these products and services may be subject to the Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., grievance process.

\*\*Within the limitations of state and federal law

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

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2101 East Jefferson Street, Rockville, MD 20852, 10496.ToolsToHelpLive\_All\_br 8/1/10-12/31/11

TOOLS TO HELP YOU LIVE A HEALTHY LIFE

Good health is at your fingertips.

# YOUR HEALTH ONLINE, ANYTIME



## 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](http://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 and more than you can develop by individually creating your own 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 Ob/Gyn appointments and routine eye exams

Review your future appointments

Review your referral status

#### Access most lab results

Get an e-mail alert when your test results are ready

Read most lab results online as soon as they're available

#### 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

#### Be alerted to changes and information

Get an e-mail reminder when you are due for a mammogram

Get an e-mail reminder for upcoming appointments

#### Your general health information

View your health history

Print a summary of your health conditions, medications, allergies, immunizations, and health reminders

Print a wallet card

Check your immunizations

#### And more!

Check your eligibility and benefits

Request a change to your medical record

Act for a family member\*\*

To start using My Health Manager, just go to [kp.org/register](http://kp.org/register). We'll ask you a few questions to verify your identity. Once registered, you can sign on with your unique ID and password.

## Online programs, convenient classes

### Healthy 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® Succeed.™
- 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® Breathe.™
- Manage your ongoing health condition with HealthMedia® Care™ for Your Health.
- Learn strategies for coping with chronic pain using HealthMedia® Care™ for Your Pain.

Start making positive changes today. Visit [kp.org/healthylifestyles](http://kp.org/healthylifestyles) for more information and a complete list of our programs. Or go to [kp.org/vidasana](http://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 wanting to lower your cholesterol level or get in

shape, learn about asthma, or find out how to eat better? Do you need new ways to meet familiar challenges, such as how to quit smoking or manage your weight? By going to [kp.org/classes](http://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

Need some inspiration in the kitchen? We have recipes using fresh and healthy ingredients for salads, soups, entrees, desserts, and more. Go to [kp.org/recipes](http://kp.org/recipes) and let us help you make it easier to prepare savory and healthy meals. *Bon appetit!*

#### Health guides A to Z

##### Health encyclopedia

We've got 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 Spanish—and learn about prevention, treatment, self-care, and other subjects and resources to help you make decisions about your health. Search or browse at [kp.org/health](http://kp.org/health).

##### Drug encyclopedia

Look up detailed information on thousands of drugs, including how to use medications, possible side effects, and precautions. Available in English and Spanish. Go to [kp.org/medications](http://kp.org/medications) and search by drug name or medical condition for the guidance you need.

##### Natural medicines comprehensive database

Read about dietary supplements, vitamins, minerals, and other natural products. Take advantage of this powerful research tool to find natural products by brand name, ingredients, or scientific name. Visit [kp.org/naturalmedicines](http://kp.org/naturalmedicines).

## We're right there for you

### Weight Watchers®\*

We've teamed up with Weight Watchers to bring you discounted subscriptions 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.

Weigh your options and reach your goals. Visit [kp.org/weightwatchers](http://kp.org/weightwatchers) to get started today.

### 10,000 Steps®\*

A walking program can help you whether you're looking to lose weight or simply feel great. 10,000 Steps is an easy-to-use program that helps you build more activity into your day by using a pedometer to count your steps and then encouraging you to track your progress online. You also get motivational e-mails, active lifestyle tips, healthy meal ideas, and more.

Just visit [kp.org/10000steps](http://kp.org/10000steps) and start walking your way to better health today.

### 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 complementary health care providers, information about complementary health care services, and discounts on health and wellness products.

To learn more, visit [kp.org/choosehealthy](http://kp.org/choosehealthy).

### 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.

For details, visit [globalfit.com](http://globalfit.com) or call 1-800-294-1500.

## Join the conversation

There are so many ways for you to rev up, wind down, or simply stay in touch with your health and with Kaiser Permanente at [kp.org/thrive](http://kp.org/thrive).

- Join Kaiser Permanente social networks on Facebook, Twitter, YouTube, and our RSS feed.
- Take a break during a hectic day with Kaiser Permanente Relaxation Radio.
- Jazz up your workout routine with Kaiser Permanente Fitness Radio.
- Find out the latest Kaiser Permanente news in your neighborhood with "Thriving Communities."
- Download widgets to your desktop for yoga, brain teasers, and fitness.
- Shop for the latest coolers, T-shirts, and exercise merchandise.

Log on today!