explore healthy **resources**

Tools to help you thrive

See our new convenient care options, including 24/7 virtual care

Manage your care online

Get wellness support

Learn more about your health

KAISER PERMANENTE® thrive

Manage your care online

See how easy it is to manage your care by using our many time-saving online tools and services. Just register at **kp.org**. Get convenient, coordinated care with **new 24/7 virtual care options** and more, including video visits and e-visits, phone appointments, 24/7 advice, refill most prescriptions online, view most lab results, and more.[1]

See what's new to help you take charge of your care

Your connection to convenient, high-quality care is only a click away on **kp.org**. When you register for an online account, you can access many time-saving tools and tips for healthy living, and all your online care options:

- Get 24/7 virtual care (by video or phone) with a clinician, no appointment necessary.
- View most lab test results
- Refill most prescriptions
- Choose your doctor based on what's important to you, and change anytime
- Email your Kaiser Permanente doctor's office with nonurgent questions
- Schedule and cancel routine appointments
- Make a same or next-day appointment to see a provider by video by computer, smartphone or tablet, or by phone
- Print vaccination records for school, sports, and camp
- Manage a family member's health[2]

You have many ways to get care when it works for you, whether it's online, by phone, or in person. Learn more at **kp.org/get care**.

Making the switch to great care is easy

Are you new to Kaiser Permanente? Thinking about joining? It's simple to get started with your new plan – and we're here to walk you through it.

Get started with Kaiser Permanente:
kp.org/easyswitch

Digital tools for emotional wellness

Digital tools can help you navigate life's challenges, make small changes that improve sleep, mood, stress levels, and more, or simply support an overall sense of well-being. Explore activities and techniques that can benefit anyone – either as self-guided self-care or complements to your clinical support. While not intended to replace treatment or advice, they may help you build resilience, set goals, and take meaningful steps toward a healthier, happier you.

Learn more about the myStrength® app at:
kp.org/selfcareapps/hi

Register now – it's easy

You can register online at **kp.org** or on the Kaiser Permanente mobile app. Just follow the sign-on instructions. You'll need your health/medical record number, which you can find on your Kaiser Permanente ID card.

kp.org/register

Download the Kaiser Permanente app

You can also use the Kaiser Permanente mobile app to register for an online account, message your doctor's office with nonurgent questions, find doctors and locations, view upcoming appointments, and more.

kp.org/mobile

[1]These features are available to Kaiser Permanente members who get care from Kaiser Permanente.

[2]Due 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.

Get wellness support

Take advantage of these extra perks – from personal health coaching to discounts on alternative medical therapies.

Sign up for healthy lifestyle programs

With our online wellness programs, you'll get advice, encouragement, and tools to help you create positive changes in your life. Our complimentary programs can help you:

- Lose weight
- Eat healthier
- Quit smoking
- Reduce stress
- Manage ongoing conditions like diabetes or depression

Start with a Total Health Assessment, a simple online survey to give you a complete look at your health. You can also share and discuss the results with your doctor.

kp.org/healthylifestyles

Get a wellness coach

If you need a little extra support, we offer Wellness Coaching by Phone at no additional cost. You'll work one-on-one with your personal coach to make a plan to help you reach your health goals.

Call **808-432-2260** to speak to a coach or visit **kp.org/wellnesscoach**

Join health classes

With all kinds of health classes and support groups offered at our facilities, there's something for everyone. Classes vary at each location, and some may require a fee. Go online to see the classes available near you.

kpinhawaii.org/our-services

Enjoy member discounts

Get reduced rates on a variety of fitness products and wellness services through The ChooseHealthy® Program.[3] These include:

- **Acupuncture –** 25% off a contracted acupuncturist's regular rates
- **Active&Fit Direct –** members pay $25 per month for access to a national network of more than 9,000 fitness centers[4]
- **Chiropractic care –** 25% off a contracted chiropractor's regular rates
- **Massage therapy –** 25% off a contracted massage therapist's regular rates

To find a provider:

- Go to **kp.org/choosehealthy**.
  1. Choose your region.
  2. Click the "ChooseHealthy" link.
  3. Click "Find a Provider."
- Or call **1-877-335-2746** for help.

kp.org/choosehealthy

[3]The ChooseHealthy program is a product of American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). The ChooseHealthy program and the ChooseHealthy program logo are federally registered trademarks of ASH. Please note that this is a discount program; it is not insurance. You can access services from any ASH Networks contracted provider; referral from a primary care physician is not required. You're responsible for paying the discounted fee directly to the contracted provider.

[4]The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc. (ASH Fitness). ASH Fitness is a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit Direct is a trademark of ASH and used with permission herein.

Learn more about your health

More information is just a click away. Use these interactive tools and reference guides to find answers to your health questions and help you make decisions about your care.

Drug encyclopedia	Look up detailed descriptions of thousands of drugs, including possible side effects. **kp.org/medications**
Health encyclopedia	Explore more than 40,000 pages of in-depth information on health conditions, related symptoms, and treatment options. **kp.org/health**
Health guides	Stay informed on popular health subjects or discover something new through our healthy living guides, available in English and Spanish. **kp.org/livehealthy**
Interactive tools and calculators	Take an interactive quiz or enter your information into one of our calculators to learn more about your health. **kp.org/calculators**
Medical test directory	Learn more about your options for common tests and procedures, along with their risks and benefits. **kp.org/healthdecisions**
Natural Medicines Comprehensive Database®	Find answers to your questions about dietary supplements, vitamins, minerals, and other natural products. **kp.org/naturalmedicines**
Recipes	Get inspired to prepare delicious, healthy dishes. Browse recipes by category – like vegetarian dishes, soups, or desserts – or by what's in season. **kp.org/foodforhealth**
Symptom checker	Use our interactive visual aid to gauge your symptoms. Click on the body part that's troubling you and learn what to do next. **kp.org/symptoms**
Videos and podcasts	Look, listen, and learn about your health and well-being. Watch videos or download health-related, guided meditation podcasts. **kp.org/video** | **kp.org/audio**

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