



Schedule appointments online and more!

NEW FOR 2007

If you receive care in a Kaiser Permanente medical center, you'll be able to go online to:

- **Schedule/cancel appointments for routine care**
Directly schedule or cancel appointments online with your primary care physician
- **View your prescriptions**
See it at any time. Remember, you can order refills online.
- **Get alerts**
Receive automatic reminders for appointments, get notified when new lab tests results are ready, and more
- **View your health history**
Read portions of the health history that appear in your medical record
- **Print a summary of your health information**
Read and print your health information anytime, anywhere

12 other features are already available to you. **See page 2!**

You can already use these features. Log on today!

- See almost all lab results
- E-mail your doctor's office
- Review your future appointments
- Request prescription refills
- Read about past office visits
- See a list of your medication allergies
- Get health care reminders
- Check your eligibility and benefits
- Request a change to your medical record
- Review your ongoing health conditions
- Act for a family member*
- Check your immunizations

Secure, easy to access, and always available

Our safeguards make sure your health information is protected. And if you're connected to the Internet, you can get to your personal health information at your convenience, day or night.

Real information in real time

Your personal health information is entered by your doctor or a member of your health care team. You don't wait for claims to be filed or bills to be paid before information is made available to you—what you access is portions of your actual, direct health information. And when the information is complete, it's posted for you to review—sometimes within the same day.

If you're registered on kp.org

The new features will be available beginning late summer through December. Keep visiting kp.org for more information.

Not registered? It's easy!

Simply visit kp.org/register, or visit a Kaiser Permanente medical center. Why wait to experience the power and convenience of managing your health care matters online?

**within the limitations of state and federal laws for children under ages 12 or 13.*