

# Your passport to Kaiser Permanente

Care and coverage for how you live

## Medical records of the future, today

Your medical history with us is just a few keystrokes away, so our doctors can instantly share information – and deliver the right care.

## Care away from home

The world's a big place, and Kaiser Permanente members are covered for emergency care in just about every corner of it.

[kp.org/travel](http://kp.org/travel)

## EVERYWHERE YOU GO

## Travel toolkits and advice

Planning a trip abroad? First visit one of our travel clinics for vaccinations, advice, and toolkits to help you avoid or navigate unplanned illnesses.

[kp.org/travelsafety](http://kp.org/travelsafety)

## Online refills delivered to you

Refill most prescriptions online 24/7 for yourself and your family – and get most orders mailed to your home.

## Better access where you already are

With dozens of hospitals, 600+ medical offices, and 17,000+ physicians in 8 states and the District of Columbia, we're here when and where you need us.

## Healthy communities

We're committed to improving the total health of the communities we serve – on your street, at your child's school, and in collaboration with local and national organizations.

## World-class research

With more than 10 million members connected to our electronic health record system, we can do broad-based research – creating and establishing new best practices – to benefit the health of our members and the communities we serve.

[share.kp.org/research](http://share.kp.org/research)

## IN YOUR COMMUNITY

## Thriving Schools

Active students get more out of class – and generally grow into healthier adults. That's why we work with school districts, parents, and teachers to promote health within schools.

[kp.org/thrivingschools](http://kp.org/thrivingschools)

## Wellness within reach

Save money on special services like chiropractic, acupuncture, and massage therapy, as well as dietary supplements and other wellness products.

[kp.org/choosehealthy](http://kp.org/choosehealthy)

## Care clinics

Care clinics at local retailers and in many neighborhoods make it even easier to get high-quality care.

## Workplace wellness

Feeling good at work can make you less stressed and more productive. Our workplace health programs guide you on a path to healthier lifestyles – at the office and everywhere else.

[kp.org/workforcehealth](http://kp.org/workforcehealth)

## Manage your health online and on the go

You can email your doctor's office, check most lab results, and refill most prescriptions from your smartphone or laptop (in English or Spanish) on [kp.org](http://kp.org).

## Call 24/7 for care and service

Advice nurses can look up electronic medical records to access clinical data for more accurate health advice. So you can get answers – anywhere.

## Care by phone, email, or video

With options such as phone appointments, email consultations, and video visits, you can get care that fits into your life.

## AT WORK

## Health checks at every visit

You don't always know what questions to ask, but our doctors do. They perform health checks at routine office visits, helping to find conditions early or prevent them from ever starting.

## Electronic prescriptions

With no messy handwriting to decipher, e-prescriptions are delivered directly to our pharmacists, helping to reduce errors and improve patient safety.

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## AT HOME

## Innovative technology

Our focus on innovation keeps your care ahead of the curve. For example, we perform robot-assisted surgery in fields such as urology, oncology, radiosurgery, and cardiology.

## Chronic care management

If you have a chronic condition, you're automatically enrolled in a disease management program at no extra charge.

## Your doctor, your choice

You deserve a doctor who speaks your language. Choose from among our many world-class physicians to find the right one for you.

[kp.org/searchdoctors](http://kp.org/searchdoctors)

## Healthy lifestyle programs

Reduce stress. Quit smoking. Lose a few pounds. Whatever you need to live a healthier lifestyle, we've got a convenient online program for you.

[kp.org/healthylifestyles](http://kp.org/healthylifestyles)

## AT YOUR MEDICAL CENTER

[kp.org](http://kp.org)

KAISER PERMANENTE **thrive**

Some programs and services may not be available in all regions or may only apply when receiving care from a Kaiser Permanente physician or at a Kaiser Permanente facility.

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