



Manage your health online anytime

At **kp.org**, it's simple to connect to great health and great care. Check out all the time-saving tools and resources you get as a member.

Sign on to **kp.org** anytime to:¹

- View most lab test results
- Refill most prescriptions
- Email your doctor's office with nonurgent questions
- Schedule and cancel routine appointments
- Print vaccination records for school, sports, and camp
- Check your plan's benefits, view claims, or estimate costs²
- Manage a family member's health care³

Register to get started—it's easy

If you haven't already, register today to access all these convenient features. Just go to **kp.org/registernow** from a computer or mobile device and follow the sign-on instructions.

- You'll need your medical/health record number, which you can find on your Kaiser Permanente ID card.
- See detailed instructions on the back of this page.

Download the Kaiser Permanente app

After you've registered, you can download our app to your mobile device to use these tools on the go. Just use your **kp.org** user ID and password to activate the app, and you'll be all set.

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¹These features are available when you get care at Kaiser Permanente facilities.

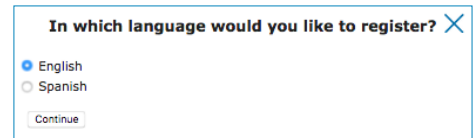
²These tools are not yet available on smartphones and tablets.

³Due 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.

Step 1

Go to kp.org/registernow

Select the language you want to register in.



In which language would you like to register? X

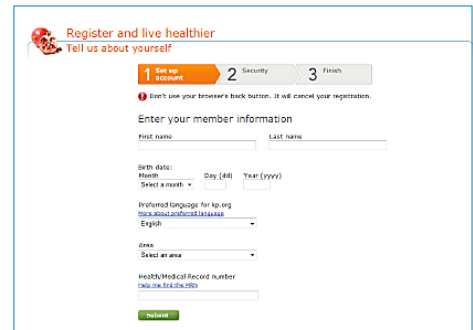
English
 Spanish

Continue

Step 2

Enter your plan information

Along with your name and birth date, you'll need to enter the medical/health record number printed on your ID card.



Register and live healthier
Tell us about yourself

1 Set up account 2 Security 3 Finish

Don't use your browser's back button. It will cancel your registration.

Enter your member information

First name: _____ Last name: _____

Birth date:
Month: _____ Day (dd): _____ Year (yyyy): _____
Select a month: _____

Preferred language for kp.org
[Here about our default language](#)
English

Area: _____
Select an area: _____

Health/Medical Record number
[Click here for details](#)

Submit

Step 3

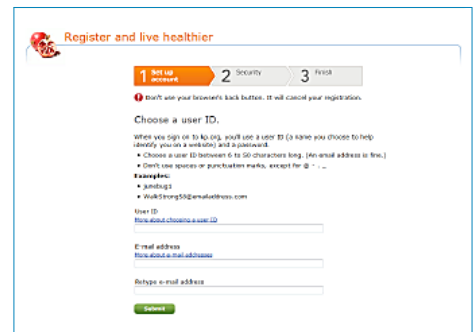
Accept the terms and conditions.

By checking this box and clicking the "Submit" button, I indicate that I have read and agree to the summary and the [entire Terms and Conditions](#) for use of this website, and I have reviewed the [Privacy Statement](#) for this website.

Step 4

Create your user ID

Choose a user ID and enter your email address. After you're registered, you'll use this ID to sign on to kp.org.



Register and live healthier

1 Set up account 2 Security 3 Finish

Don't use your browser's back button. It will cancel your registration.

Choose a user ID.

When you sign on to kp.org, you'll use a user ID (a name you choose to help identify you on a website) and a password.

- Choose a user ID between 6 to 30 characters long. (An email address is fine.)
- Don't use spaces or punctuation marks, except the @ - ...

Examples:
• johnd1
• john@strong52@emailaddress.com

User ID:

E-mail address:

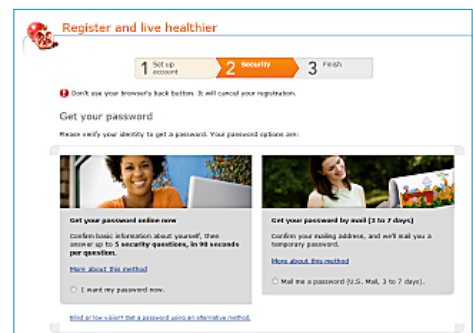
Re-type e-mail address:

Submit

Step 5

Secure your account

Complete the security steps online. After answering a few questions to confirm your identity, you'll create a password and pick three secret questions to help keep your account secure.



Register and live healthier

1 Set up account 2 Security 3 Finish

Don't use your browser's back button. It will cancel your registration.

Get your password

Please verify your identity to get a password. Your password options are:

Get your password online now

Confirm basic information about yourself, then answer up to 5 security questions, in 90 seconds per question.

[Here about this method](#)

I want my password now.

Get your password by mail (3 to 7 days)

Confirm your mailing address, and we'll mail you a temporary password.

[Here about this method](#)

Mail me a password (U.S. Mail, 3 to 7 days).

[Find out how to get a password using the other method.](#)

That's it. As soon as you have your password, you can sign on and start using all the great members-only features of kp.org.

Services covered under your health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, DC, 2101 E. Jefferson St., Rockville, MD 20852. Services for self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612.