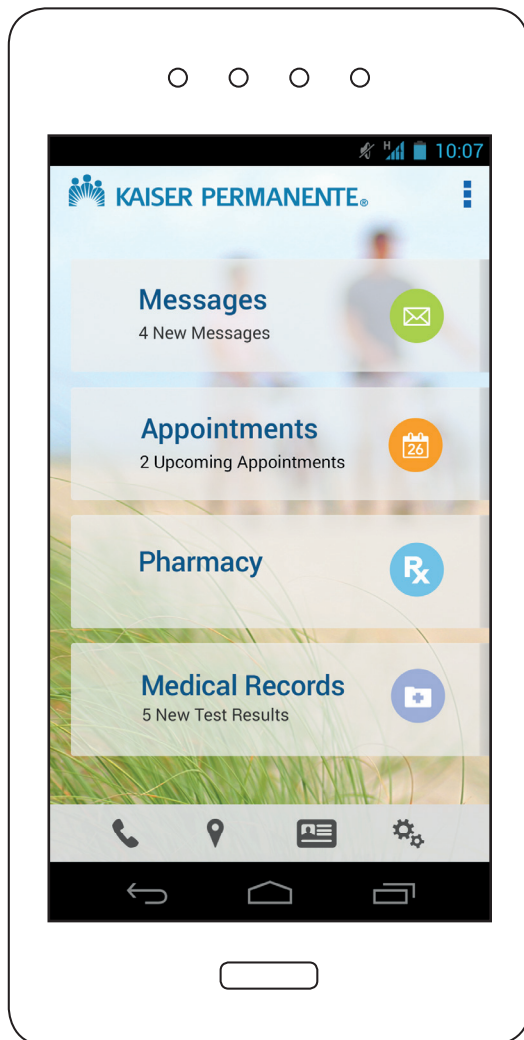


# GOOD HEALTH IS IN YOUR HANDS



Use the convenient features of My Health Manager right from your smartphone or other mobile device.

- ▶ Email your doctor's office
- ▶ View most test results
- ▶ Schedule or cancel routine appointments
- ▶ Refill most prescriptions
- ▶ View past visits

Just download the Kaiser Permanente app at no cost from your preferred app site.



Are you registered? If you're already registered on [kp.org](http://kp.org), you're all set to start using your Kaiser Permanente app. If not, you'll need to go to [kp.org/registernow](http://kp.org/registernow) to set up your account from a computer. Then use your new user ID and password to activate the app.

Certain features of My Health Manager apply only to care you receive at Kaiser Permanente facilities.

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