

# THE PATH TO BETTER HEALTH is right at your fingertips.

Start your journey with **kp.org**, where the information you need is just a click away. Use the following links to access health programs, services, and advice.\*

Programs listed in **blue** contain general health content in print, audio, or video formats.

Programs listed in **orange** are more in-depth, interactive, and personalized. They're for Kaiser Permanente members only.

## GETTING STARTED

### General information

[kp.org/newmember](http://kp.org/newmember) — basics for new members

[kp.org/myhealthmanager](http://kp.org/myhealthmanager) — My Health Manager, your secure online tool for emailing your doctor's office, making an appointment, refilling prescriptions, and more†

[kp.org/memberservices](http://kp.org/memberservices) — help to make the most of your membership

### Directories

[kp.org/facilities](http://kp.org/facilities) — find doctors and locations

### Complementary & alternative care

[kp.org/cam](http://kp.org/cam) — complementary and alternative care

[kp.org/choosehealthy](http://kp.org/choosehealthy) — complementary care services

[kp.org/naturalmedicines](http://kp.org/naturalmedicines) — herbs, supplements, and other natural products

## SPANISH

[kp.org/espanol](http://kp.org/espanol) — online content in Spanish

[kp.org/vidasana](http://kp.org/vidasana) — interactive online wellness programs in Spanish

## REFERENCE MATERIALS

[kp.org/medications](http://kp.org/medications) — drug encyclopedia

[kp.org/health](http://kp.org/health) — health encyclopedia

[kp.org/symptoms](http://kp.org/symptoms) — symptom checker

[kp.org/audio](http://kp.org/audio) — guided imagery audio programs

[kp.org/video](http://kp.org/video) — health videos

[kp.org/calculators](http://kp.org/calculators) — tools to help you live better

## ESPECIALLY FOR MEN, WOMEN, & FAMILIES

[kp.org/menshealth](http://kp.org/menshealth) — men's guide to good health

[kp.org/womenshealth](http://kp.org/womenshealth) — women's guide to good health

[kp.org/pregnancy](http://kp.org/pregnancy) — health information for expectant parents

[kp.org/children](http://kp.org/children) — health information for children

[kp.org/kidwisdom](http://kp.org/kidwisdom) — healthy activities and games for children

[kp.org/childhoodobesity](http://kp.org/childhoodobesity) — information and activities for families

*(continues on reverse)*

\*Some services not available in all areas.

†To use these secure features for the first time, all you need to do is register at **kp.org**. Then sign on with your user ID and password.

## MANAGING ILLNESS

### Chronic conditions and illnesses

[kp.org/careforyourhealth](https://kp.org/careforyourhealth) — online program to manage chronic conditions\*

[kp.org/allergies](https://kp.org/allergies) — dealing with allergies

[kp.org/arthritis](https://kp.org/arthritis) — living well with arthritis

[kp.org/asthma](https://kp.org/asthma) — tips for managing asthma

[kp.org/careforyourback](https://kp.org/careforyourback) — online program to manage back pain\*

[kp.org/overcomingdepression](https://kp.org/overcomingdepression) — online depression management program\*

[kp.org/depression](https://kp.org/depression) — dealing with depression

[kp.org/carefordiabetes](https://kp.org/carefordiabetes) — online diabetes management program\*

[kp.org/diabetes](https://kp.org/diabetes) — living well with diabetes

[kp.org/careforpain](https://kp.org/careforpain) — online pain management program\*

[kp.org/pain](https://kp.org/pain) — ways to address chronic pain

[kp.org/overcominginsomnia](https://kp.org/overcominginsomnia) — online program to improve your sleep\*

[kp.org/cancer](https://kp.org/cancer) — living with cancer

[kp.org/hiv](https://kp.org/hiv) — living with HIV/AIDS and other STDs

## PREVENTION AND WELLNESS

[kp.org/succeed](https://kp.org/succeed) — take a total health assessment

[kp.org/classes](https://kp.org/classes) — health education classes

[kp.org/prevention](https://kp.org/prevention) — preventive care

[kp.org/healthyliving](https://kp.org/healthyliving) — tools for living a healthier life

[kp.org/healthylifestyles](https://kp.org/healthylifestyles) — personalized online wellness programs\*

[kp.org/colds](https://kp.org/colds) — preventing and caring for a cold

[kp.org/flu](https://kp.org/flu) — preventing and caring for the flu

[kp.org/healthyaging](https://kp.org/healthyaging) — living well longer

[kp.org/fitness](https://kp.org/fitness) — tools for staying active

[kp.org/heart](https://kp.org/heart) — heart health

[kp.org/10000steps](https://kp.org/10000steps) — pedometer/walking program\*<sup>†</sup>

[kp.org/relax](https://kp.org/relax) — online stress management program\*

[kp.org/mindbody](https://kp.org/mindbody) — ways to gain mind-body balance

[kp.org/nourish](https://kp.org/nourish) — online program to improve your nutrition\*

[kp.org/nutrition](https://kp.org/nutrition) — ways to eat for better health

[kp.org/farmersmarket](https://kp.org/farmersmarket) — find markets at Kaiser Permanente offices

[kp.org/recipes](https://kp.org/recipes) — recipes for good health

[kp.org/breathe](https://kp.org/breathe) — online smoking cessation program\*

[kp.org/quitsmoking](https://kp.org/quitsmoking) — ways to break a tobacco habit

[kp.org/balance](https://kp.org/balance) — online weight management program\*

[kp.org/weight](https://kp.org/weight) — ways to achieve a healthy weight

\*These interactive programs are personalized to help you meet your health goals.

<sup>†</sup>10,000 Steps<sup>®</sup> is a registered trademark of HealthPartners, Inc.

Shortcut Web addresses current as of November 2012.