

Your passport to Kaiser Permanente

Care and coverage designed for how you live

Medical records of the future, today

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

Peace of mind all around the world

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

EVERYWHERE YOU GO

Travel toolkits and advice

Skiing in Sweden? Island hopping in Sumatra? First visit one of our travel clinics for vaccinations, advice, and toolkits to help you avoid or navigate unplanned illnesses.

kp.org/travelsafety

Online refills delivered to you

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

kp.org/pharmacy

Better access where you already are

We plan to build, renovate, and expand more than 150 hospitals and medical office buildings by the end of 2014.

Neighborhood watch

We're committed to improving the total health of the communities we serve – on your street, at your child's school, and with the help of world-changing organizations.

kp.org/communitybenefit

World-class research on an unparalleled scale

With 9 million members connected on the same integrated system, we can do research in a way no one else can – creating and establishing new best practices across our entire network for up-to-the-minute care.

IN YOUR COMMUNITY

Thriving Schools

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

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.

Care. Anywhere.

We think health care should fit into your life – and not the other way around. Virtual visits with doctors and new "care corners" at local retailers make it even easier to access high-quality care.

Workplace wellness

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

IN YOUR NEIGHBORHOOD

Kaiser Permanente: Innovative care at an unparalleled scale

Digital personal health records

You can email your doctor's office with non-urgent questions, check most lab results, and refill prescriptions from your smartphone or laptop on kp.org.

Sound advice over the phone

Call nurses can look up electronic medical records to access clinical data for more accurate health advice. So you can find answers – from the comfort of home.

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

No messy handwriting to decipher! E-prescriptions are delivered directly to our pharmacists, helping to reduce errors and improve patient safety.

kp.org/pharmacy

AT HOME

Robotic surgery, right now

Our robotics program has grown with more than 1,100 surgeries performed at our Downey and West Los Angeles Medical Centers in 2011 alone.

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 the language of you. Choose among our many world-class physicians to find the right one.

Healthy lifestyle programs

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

Viva Bien

Medicine already feels like a foreign language. At kp.org/vivabien, you can access our website, programs, and services in words you understand.

kp.org/vivabien

AT YOUR MEDICAL CENTER