



Managing your health information from home with My Health Manager

If you are registered at kp.org and receive care and services in Kaiser Permanente medical centers (Option 1), you will be able to view your secure medical information and manage health care tasks online with My Health Manager.

What you can see

- Most lab test results
- E-mail alerts for upcoming appointments, lab results, and unread messages
- Immunization records
- Medication allergies
- Past office visit information
- Health care reminders
- Ongoing medical condition information
- Benefit and eligibility information
- A summary of your medical history

What you can do

- E-mail your doctor's office
- Schedule, cancel, and change routine appointments
- Order and check the status of prescription refills
- Request a change to your medical record
- Act for a family member (within the limitations of state and federal law)
- Complete a health assessment and send the results to your PCP
- Print a summary of your ongoing health conditions

Your office visit

A visit to a Kaiser Permanente doctor's office in one of our medical centers is similar to visiting the office of any physician who is part of a group practice. You will find receptionists, waiting rooms, and other features you would expect to find in any doctor's office. In the same building are services such as lab, X-ray, and pharmacy. Some centers also have medical specialists and optical services.

Once you are in the exam room, you will see the Kaiser Permanente difference. In addition to standard medical equipment and supplies, your doctor will have a computer screen and keyboard.

Our exclusive electronic network allows us to integrate technology into our exam rooms, so your physician can enter and retrieve your medical record—everything from your allergies and past surgeries to family history and prescriptions. Your doctor can also use the system to print a visit summary and instructions for your ongoing care, to send prescriptions directly to the pharmacy, or order tests.

All of this is designed to help speed up the delivery of your health care—after all, less time in the medical center means more time for you to enjoy life.

