

# Are you getting the most from your health plan?

Register for an online account to access high-quality care and tools to manage your health.

Dear <First name>,

Kaiser Permanente is here to help you live life to the fullest. That's why we provide several ways to get great care online – even from your mobile device.

When you register for an account, you'll have immediate access to your digital ID, wellness resources, and tools to manage your health – at no extra cost. It's quick and easy to register, and the tools are already part of your plan.

## 3 ways to get connected online

1. Register for your online account at [kp.org/wa/signup](https://kp.org/wa/signup).
2. Sign in at [kp.org/wa](https://kp.org/wa) to get your digital ID.
3. Sign up using the Kaiser Permanente Washington mobile app.

## <Manage your teen's health care

Once kids turn 13, Washington state privacy laws make some information confidential between teens and their health care providers.

If your teen is between 13 and 17, our online parental access feature lets you manage their online immunization records, message securely with their primary care team, and refill their prescriptions online. Teens in this age range can also send secure emails to their care team, refill medications, and view immunization records.\*

- Parental Access: [kp.org/wa/parentalaccess-faq](https://kp.org/wa/parentalaccess-faq)
- Teen Access: [kp.org/wa/teenaccess-faq](https://kp.org/wa/teenaccess-faq)

We are here to help you live well and thrive.

Your partner in health,  
Kaiser Permanente

Sign in at [kp.org/wa](https://kp.org/wa) or use the Kaiser Permanente Washington mobile app to access these digital services:

- Care Chat: Get real-time care from a Kaiser Permanente provider at no cost
- Choose a doctor
- Email your care team or Member Services with nonurgent questions\*
- Refill most prescriptions or sign up for mail-order pharmacy
- Schedule appointments\*
- See your lab and test results\*
- Access your medical records\*
- View and pay your medical bills as well as check your payment history

\*When you get care at Kaiser Permanente medical facilities

All plans offered and underwritten by <Kaiser Foundation Health Plan of Washington>

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