

Take control of your health with our mobile apps

The new **Kaiser Permanente app** and an updated version of **m.kp.org** put your favorite features of My Health Manager in the palm of your hand. With alternate ways to communicate with caregivers, it's not only easier to engage in your own well-being – you can also avoid unnecessary office visits and time away from work.



Make routine appointments for you and your family with easy-to-use scheduling tools.



Order prescription refills and view current medications.



Find a facility near you and get directions en route.



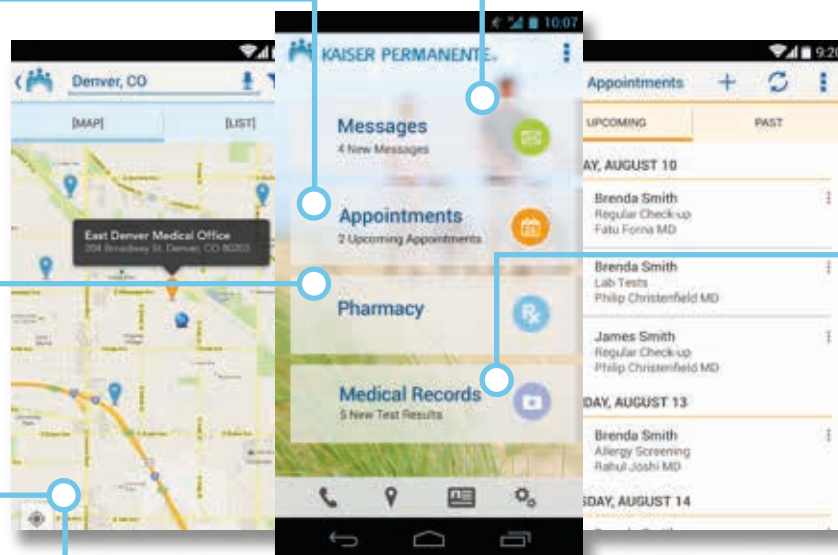
Save or share facility info with the tap of a finger.



Email your doctor's office with routine questions or check your messages – wherever you are.



View your medical record and check most test results.



Download the Kaiser Permanente app today, or visit **m.kp.org** to learn more.

Some features are only available for care and services received at Kaiser Permanente facilities.

A suite of apps for health on the go



Go the extra mile with Every Body Walk!

Track all aspects of your walks, including distance, time, and calories burned. You can watch your progress, save your walking history for future reference, and share your walks with friends and family via Facebook and Twitter.



Manage your spending with KP Balance Tracker

Track health care spending while you're on the go. With the Balance Tracker app, you can manage your health reimbursement arrangement (HRA), health savings account (HSA), or flexible spending account (FSA) – no matter where you are.*



* Not available in all regions.

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