

Take charge of your health



Visit your Personal Action Plan on kp.org/action-plan

Get health care tips and updates just for you:*

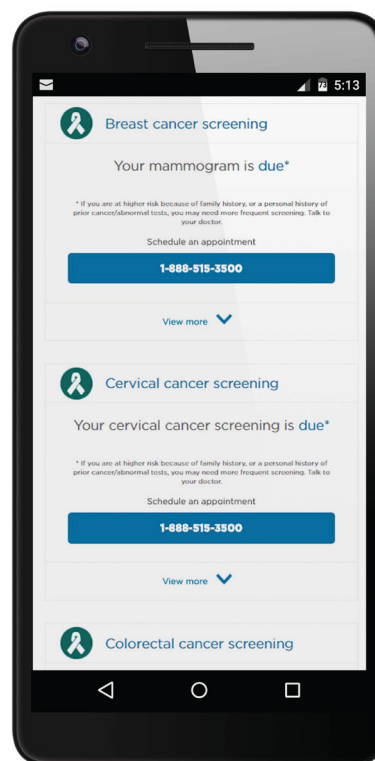
- Get immunization and screening reminders
- Track your body mass index (BMI)
- Find out your risk level for heart attack or stroke
- Learn more about your recent lab test results
- View your prescriptions and order most refills
- Watch videos on managing your ongoing conditions



Start today.

1. Visit kp.org/action-plan on your computer or mobile device.
2. Enter your username and password.
3. You'll be sent straight to your Personal Action Plan.

Not registered on kp.org? Registering only takes a few minutes. Visit kp.org/register.



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on your computer or mobile device.

Kaiser Permanente health plans around the country, including: Kaiser Foundation Health Plan, Inc., in Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232

*These features are available when you get care at Kaiser Permanente facilities.

