



The Doctor Is In

My Doctor Online keeps you connected to your doctors anytime, anywhere.

My Doctor Online makes it easy for you to choose the right doctors for you and your family and keep in touch between visits. From your doctor's home page at kp.org/mydoctor, you can:

- See all your care options, including online, by phone, and in person.
- Connect to video visits from your computer or mobile device using our My Doctor Online app.
- Get personalized recommendations and information from your doctor to support your care.
- Find information developed by Kaiser Permanente doctors.
- Browse bios and choose your doctor.
- Access secure features, including email your doctor, appointments, test results, prescription refills, and more.

Visit and bookmark your doctor's home page at kp.org/mydoctor.*

*To access some features, registration is required. See reverse.

Simple Steps to Take Charge of Your Health

Register on kp.org from your computer or phone from the My Doctor Online app.

It takes just a few minutes.

In the upper right-hand corner of the My Doctor landing page, select "Sign in to access care." You'll see a "Sign in" page on the next screen, and click on "Register for an account" to get started. Have your medical record number handy and follow the steps below. Then you can start using our secure online features from any computer or mobile device.

Registration is safe and secure—we'll ask a few questions only you can answer, and you'll have a set time to respond. If you need help or have any questions, give us a call at **1-800-556-7677**.

1 Enter your membership information

The screenshot shows the 'First, tell us a little about yourself' section of the registration process. It includes a dropdown menu for 'Where did you last come?' with 'Choose region' selected. Below this are input fields for 'HEALTHCARE/MEDICAL RECORD NUMBER', 'FIRST NAME', 'LAST NAME', and 'DATE OF BIRTH' (MM/DD/YYYY). A 'Next' button is at the bottom right, and a 'Back' button is at the bottom left.

2 Accept the terms and conditions

The screenshot shows the 'Agree to our Terms and Conditions' section. It includes a warning: 'Don't use your browser's back button. It will cancel your registration.' Below this is a checkbox labeled 'I agree' which is checked. The text states: 'CHECKING "I AGREE" AND CLICKING THE "SUBMIT" BUTTON—OR USING OUR SITE—MEANS THAT YOU AGREE TO OUR ENTIRE TERMS AND CONDITIONS. PLEASE REVIEW OUR PRIVACY STATEMENT ALSO.' A 'Submit' button is at the bottom right.

3 Create your user ID

The screenshot shows the 'Create your user ID' section. It includes input fields for 'User ID', 'E-mail address', and 'Retype e-mail address'. A 'Submit' button is at the bottom right.

4 Secure your account

The screenshot shows the 'Set up your password' section. It includes two options: 'Get your password online' and 'Get your password by mail in 3-7 business days'. A 'Next' button is at the bottom right.

5 Sign in

The screenshot shows the 'Sign on' page. It includes a 'Sign on' button. Below the button are links for 'Forgot user ID?' and 'Forgot password?'. At the bottom, there is a link to 'Register for an account'.

Visit and bookmark your doctor's home page at **kp.org/mydoctor**.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

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