

# THE PATH TO BETTER HEALTH begins at your fingertips.

Start your journey with **kp.org**, where the information you need is just a few keystrokes away. Use any of these shortcut Web addresses for quick and easy access to health programs, services, or advice—and you'll be on your way to a healthier you.<sup>1</sup>

- [kp.org/10000steps](http://kp.org/10000steps) – a pedometer/walking program<sup>2</sup>
- [kp.org/allergies](http://kp.org/allergies) – tips for living better with allergies
- [kp.org/arthritis](http://kp.org/arthritis) – help with managing arthritis
- [kp.org/asthma](http://kp.org/asthma) – tips for living better with asthma
- [kp.org/audio](http://kp.org/audio) – guided imagery audio programs
- [kp.org/cam](http://kp.org/cam) – complementary and alternative care
- [kp.org/children](http://kp.org/children) – information on children's health
- [kp.org/choosehealthy](http://kp.org/choosehealthy) – complementary care services
- [kp.org/classes](http://kp.org/classes) – Health Education classes
- [kp.org/colds](http://kp.org/colds) – prevention tips and care for colds
- [kp.org/depression](http://kp.org/depression) – tools for dealing with depression
- [kp.org/diabetes](http://kp.org/diabetes) – tips for living better with diabetes
- [kp.org/espanol](http://kp.org/espanol) – online content in Spanish
- [kp.org/facilities](http://kp.org/facilities) – facility directories
- [kp.org/fitness](http://kp.org/fitness) – information on improving fitness
- [kp.org/flu](http://kp.org/flu) – prevention tips and care for the flu
- [kp.org/healthdecisions](http://kp.org/healthdecisions) – care decisions made easier
- [kp.org/healthyaging](http://kp.org/healthyaging) – living well longer
- [kp.org/healthylifestyles](http://kp.org/healthylifestyles) – digital coaching programs<sup>3</sup>
- [kp.org/healthyliving](http://kp.org/healthyliving) – tools for living a healthier life
- [kp.org/health](http://kp.org/health) – health encyclopedia and symptom checker
- [kp.org/heart](http://kp.org/heart) – help with maintaining a healthy heart
- [kp.org/medicalstaff](http://kp.org/medicalstaff) – medical staff directories
- [kp.org/medications](http://kp.org/medications) – drug encyclopedia
- [kp.org/menshealth](http://kp.org/menshealth) – health information for men
- [kp.org/mindbody](http://kp.org/mindbody) – ways to gain mind-body balance
- [kp.org/myhealthmanager](http://kp.org/myhealthmanager) – do more with secure online features<sup>3</sup>
- [kp.org/naturalmedicines](http://kp.org/naturalmedicines) – a guide to herbs and supplements
- [kp.org/newmember](http://kp.org/newmember) – how to take advantage of membership
- [kp.org/nutrition](http://kp.org/nutrition) – ways to eat for better health
- [kp.org/pain](http://kp.org/pain) – information on pain management
- [kp.org/pregnancy](http://kp.org/pregnancy) – health information for mom and baby
- [kp.org/prevention](http://kp.org/prevention) – keys to health through preventive care
- [kp.org/quitsmoking](http://kp.org/quitsmoking) – a guide to smoking cessation
- [kp.org/vidasana](http://kp.org/vidasana) – Spanish digital coaching programs<sup>3</sup>
- [kp.org/video](http://kp.org/video) – health videos
- [kp.org/weight](http://kp.org/weight) – help with achieving a healthier weight
- [kp.org/womenshealth](http://kp.org/womenshealth) – health information for women

<sup>1</sup>Some services are not available in all areas.

<sup>2</sup>10,000 Steps® is a registered trademark of HealthPartners, Inc.

<sup>3</sup>To use these secure features for the first time, all you need to do is register at [kp.org/register](http://kp.org/register). Then sign on with your user ID and password.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Ohio • 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

Shortcut Web addresses current as of December 2012