

Better Informed Better Together

Rediscover Kaiser Permanente on a website
just for California's Valued Trust members.

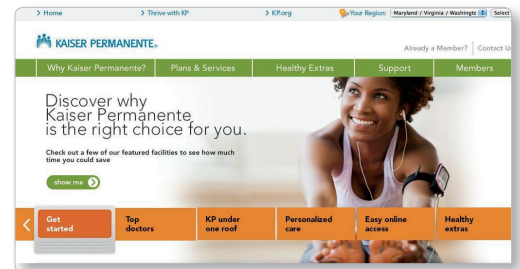
DO MORE ONLINE.

Go to my.kp.org/cvt.

Discover how you can stay in the know with convenient features, like My Health Manager on kp.org. When you're registered on our website, you can use this online resource to stay up-to-date and manage your care at Kaiser Permanente facilities.

- Email your doctor's office.
- Order prescription refills.
- Request routine appointments.
- View most lab test results.

Whether you're already taking advantage of personalized care at Kaiser Permanente or considering us for the first time, you can get all the information you need at my.kp.org/cvt.



- **Get the most out of your plan** with easy steps you can take when you're new to Kaiser Permanente.
- **Get company announcements** about health programs and plan benefits.
- **Connect to My Health Manager** and keep up with your health online.