



**KAISER PERMANENTE**

**FREE Recorded  
Health Messages  
24 Hours a Day**



**Kaiser  
Permanente  
HEALTHPHONE**  
English

**1-800-33-ASK ME**

MH-0250

**Kaiser Permanente  
HEALTHPHONE:  
Information from the doctor—  
without leaving home**

We at Kaiser Permanente have helped our members stay healthy for more than 50 years by providing health care services and health information. We want to make it easy for you and your family to get healthy and stay healthy. Kaiser Permanente Healthphone gives easy access to important health information.

Kaiser Permanente Healthphone is free, convenient, and confidential, and available to members and nonmembers alike. You can trust that the information you receive is accurate and up-to-date, because it is prepared by Kaiser Permanente health care providers. Call 24 hours a day from any touch-tone phone.

Healthphone answers your questions on more than 200 topics, ranging from stress reduction to lowering your cholesterol to cancer screening. It offers more than 30 messages on children's health, 20 messages on women's health, and much more information to help you stay healthy and prevent illness.

Please keep this directory near your telephone so you can refer to Healthphone any time you have questions.

**1-800-33-ASK ME**

The information presented on Kaiser Permanente Healthphone is not intended to diagnose health problems or take the place of professional medical care. If you have persistent health problems or if you have further questions, please consult your health care provider.

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SCPMG Regional Health Education,  
Health Promotion and Prevention  
MH-0250 (rev. 6/00) Printed 8/00

## **Kaiser Permanente HEALTHPHONE Is Easy to Use**


Just call 1-800-33-ASK ME  
(1-800-332-7563)  
and this is what you will hear:

"Thank you for calling the Kaiser Permanente Healthphone. You must have a touch-tone phone to continue.  
For messages in English, press 1.  
For messages in Spanish, press 2."

(Press 1 for English)

"If you know the number of the message you want to hear, press 1."

"To have an index of topics faxed to you, press 2."

"To request a specific topic to be faxed, press 3." (for messages with a  symbol in the booklet)

"To hear frequently requested messages, press 4."

"To order a Healthphone brochure, press 5."

"To repeat this message, press 9."

Make your selection and follow the guide to your destination.

**1-800-33-ASK ME**

## **TIPS**

- Be ready to take notes when you hear the Kaiser Permanente Healthphone message.
- To stop a message and select another message, press # at any time during the message.
- To disconnect at any time, simply hang up.

## **Other Free Health Information from Kaiser Permanente**

- [www.kaiserpermanente.org](http://www.kaiserpermanente.org) — a Kaiser Permanente national Web site open to all.
- [www.kponline.org](http://www.kponline.org) — Kaiser Permanente Online, a Web site for members only.
- Kaiser Permanente Member Services Helpline at 1-800-464-4000 — call to order a Kaiser Permanente Healthphone booklet, a *Healthwise Handbook*, and other literature.
- The Member Health Education Department at the Kaiser Permanente location near you — contact for information about other available health education services.

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**1-800-33-ASK ME**



*What will keep me  
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*You can't get pregnant the first time you have sex.*

*Right?*

*Tape #456*



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- 212 Cryotherapy of the Cervix
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