

## **A Focus on Services for Women**

**Ruth Shaber, M.D.**

At Kaiser Permanente, we know that many women manage their families' health care needs. This means keeping track of the appointments, prescriptions, and screening tests for their children, their partners, and sometimes their aging parents. We've developed many convenient services that can help women take better care of themselves and their families.

For example, our preventive health prompt gives you a printed summary of the screening tests and immunizations that we recommend. This summary appears on your receipt when you come in for a visit. It's customized to reflect your specific needs—often based on the last time a test was performed or on your unique medical history.

Also, our pharmacy refill system is a blessing for busy women on the go. You can order refills of prescriptions for yourself and your family, either by phone or online. We'll even mail the prescriptions to you at no additional cost. This eliminates the need to park and wait in line at the pharmacy.

I know that excellent health care doesn't just include what goes on in your doctor's office. It also includes having convenient and efficient systems that allow you to get all the types of health care services you need, when you need them.