



We know about medical care.
You know about *you*.

Together, we can partner
to keep you healthy.

It's your life. Let's make it a healthy one.

You and your health are important to us. All of our medical centers have doctors, nurses, and counselors who focus on providing great care for young adults like you.

We understand the need to care for the whole you—your mind, your body, and your spirit. We want to help you take an active role in your own health so that you can live your life to the fullest. We know you have a lot going on—maybe with school, work, and relationships. We're here to help you take good care of yourself, now and in the future.

When you were younger, a parent or guardian probably made your doctor's appointments for you. You might not

be used to handling your own health care. And the whole health insurance thing is probably new, too. You can choose your own doctor now, and decide which Kaiser Permanente facility is most convenient for *you*. We can help you through the process.

Whether you come in for care in Adult medicine, OB/GYN, or one of our Young Adult Clinics, we want you and your doctor to get to know each other and take advantage of all the services Kaiser Permanente has just for you.

What services does Kaiser Permanente offer you?

One of the best things about being a Kaiser Permanente member is that we can help you get whatever care you need—all in one place. Not only can you make an appointment with your doctor whenever you need to, we also want to see you for “well care” visits, just to see how you're doing and how we can help you be your healthiest. We offer:

- **secure email** to help you stay connected to your doctor anytime, anywhere.
- **birth control options and STD screening** for young men and women.
- **gynecologic care for young women** (pregnancy and Pap testing).
- **dermatology and vision care**, including eye glasses and contacts.
- **help with mental health issues** such as stress, anxiety, depression, or anger.
- **complete evaluation and referral** for members with eating disorders or substance abuse issues.

- **sports medicine:** injury prevention and nutrition counseling to help you meet your fitness goals.
- **a whole variety of online Healthy Living programs and services**—details are on the other side of this page.

Staying connected to Kaiser Permanente

Maybe you're not quite sure how to get in touch with us or how to find a doctor who specializes in young adult patients. That's where we come in. Even if you're juggling a busy schedule or are away at school, we make it easy to stay connected. Here's how:

Click here to do your health a favor: kp.org/mydoctor. Just like you might have your own Web page, every Kaiser Permanente doctor has his or her own Home Page. With a few clicks, you can activate your account and:

- **choose a doctor**, if you don't already have one, and learn more about any doctor's background and interests.
- **email your doctor** with non-urgent questions or concerns (great when you're on the go).
- **make an appointment**, refill your prescriptions (and have them sent to you by mail), even check your lab test results.
- **look up health information** geared for young adults and check out our interactive online programs.

Just go to kp.org/mydoctor to find your physician's Home Page—and bookmark it: your personal link to Kaiser Permanente, available at school,

at home, or at work. Wherever you are, whenever you need us, you'll be connected.

Also, we're just a phone call away.

You can call Kaiser Permanente whenever you need an appointment, advice, or refills of medication. Just call your local Kaiser Permanente advice phone number. If you ever need help getting care, have questions about your benefits, or need a new ID card, call our Member Service Center, 7 a.m. to 7 p.m., seven days a week, at 1-800-464-4000.

Health information you can trust

As you start to take charge of your health, there are lots of places to get health information. Start with us. Kaiser Permanente is your source for trusted, high quality health information and resources.

- **Kaiser Permanente Healthwise Handbook.** The *Handbook* is free, and it's for you. It's full of information about how to keep yourself healthy, and it answers lots of common questions. Stop by the Health Education Center in any Kaiser Permanente medical office to pick up your free copy, or call Member Services at 1-800-464-4000. The *Handbook* is also available online at kp.org.
- **Health Encyclopedia.** We've got you covered with 40,000 pages of health information online, all ready for you to browse or search.

Want to drop a bad habit? Pick up a healthy habit? Why not...

Take a health class.

Stretch your knowledge—and maybe even your body. Check out our many classes and support groups. You might be surprised at everything we offer. (Yoga, at Kaiser Permanente? You bet. Anger management? That, too.) Whether you're struggling with headaches, stress, or insomnia—whether you want to quit smoking or learn to eat healthier—we have hundreds of classes. One of them is right for you. Find classes near you at kp.org/classes. Most classes are available at no charge or for a small fee.

Check out our online Healthy Lifestyle programs.

Too busy for a class? How about an online program that's personalized for your health needs? We can help you manage your weight, your stress, or your tobacco habit—all from the comfort and privacy of your own computer.

- Balance™ for weight management and physical fitness
- Relax™ for stress reduction
- Nourish™ for good nutrition
- Breathe™ for smoking cessation
- Succeed™ for a personalized total health assessment
- Care for Your Health™ for chronic conditions

Just sign on to kp.org/healthylifestyles and pick the program you want. Fill out an online questionnaire, and you'll receive a customized guide based on what you've told us about yourself. We'll follow up with three personalized e-mail newsletters to help keep you on track. In eight weeks, you can measure your success!

Get your healthy living *to go*

If you're constantly on the go, try one of our "Healthy Living" podcasts. They can help you sleep better, tame stress, or learn to cook simple, healthy meals. (Don't worry—nothing hard!) You can even get audio workouts to help keep you motivated to move.

We look forward to helping you live well, be well, and thrive.

More resources

Web sites

- kp.org
- KidsHealth College Page kidshealth.org/teen/index.html
- National Health Information Center, USDHS healthfinder.gov

Phone numbers

- Kaiser Permanente Member Service Center
1-800-464-4000
- National STD Hotline
1-800-227-8922
- National Alcohol/Drugs Helpline
1-800-622-HELP
- Emergency Contraception Hotline
1-888-NOT2LATE

This information is not intended to diagnose 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.