



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

Together, we can 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 so that you can take advantage of all the services Kaiser Permanente has just for you. Visit [kp.org/youngadulthealth](http://kp.org/youngadulthealth) and your doctor's home page at [kp.org/mydoctor](http://kp.org/mydoctor) to learn more.

## 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 e-mail** 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 issues with drugs and alcohol.
- **Sports medicine** for injury prevention and nutrition counseling to help you meet your fitness goals.
- **A variety of online Healthy Living programs and services**—see reverse.

## 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](http://kp.org/mydoctor). Every Kaiser Permanente doctor has his or her own home page. Choose a doctor, if you don't already have one, and learn more about any doctor's background and interests.

Visit your doctor's homepage regularly at [kp.org/mydoctor](http://kp.org/mydoctor) where you can:

- Check the immunizations and screening tests you may need.
- E-mail your doctor with non-urgent medical questions.
- Review select lab results and past office visits. Order prescription refills. Make appointments for routine care.

- Watch videos. Read information your doctor recommends. Check out online, interactive programs to quit smoking, handle headaches, reduce stress - and more.
- \*Most features require you to have an active password for our member site. To request a password, go to [kp.org/register](http://kp.org/register) or visit your local Health Education Center, which also offers health information, programs, and other resources.

Your doctor's home page is your personal link to Kaiser Permanente, available at school, at home, or at work. We have lots of ways to get the care and advice you need. Wherever you are, whenever you need us, you'll be connected.

You can also call Kaiser Permanente whenever you need an appointment, advice, or refills of medication. Just call your local Kaiser Permanente appointment and advice line. 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.

## Information and support you can trust

As you take charge of your health, we are your source for high quality information and resources that can help you feel your best and live life to the fullest. 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.) Find one that's right for you at [kp.org/classes](http://kp.org/classes).

## Reach your goals with a wellness coach

Get the motivation and guidance you need to get healthy and stay healthy with support from our wellness coaches. Whether you're trying to get more active, manage your weight, quit tobacco, or handle stress, your personal coach can help you create—and stick with—a plan for reaching your goals. You and your coach talk one-on-one by phone, when it's convenient for you.

Make the first move by calling 1-866-251-4514 (toll free), 6 a.m. to midnight daily, to schedule your first coaching appointment. Coaching sessions are free for Kaiser Permanente members and are available weekdays from 8:30 a.m. to 7 p.m.

## Check out our online programs

Too busy for a class? We can help you pick up a healthy habit or drop an unhealthy one—all from your computer. You can watch videos, sign up for online health coaching, or check out one of our healthy lifestyle programs.

## Get your healthy living to go

If you're constantly on the go, try one of our "Healthy Living" podcasts. Our podcasts 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/youngadulthealth](http://kp.org/youngadulthealth)
- National Health Information Center, USDHS [healthfinder.gov](http://healthfinder.gov)
- National Domestic Violence Resource Center ([ndvh.org](http://ndvh.org))

### 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.