

The shortest distance to better health is right at your fingertips

They say that getting there is half the fun. Now you can have all the fun, because getting the information you need, as fast as you need it, is only a few keystrokes away. Enter any of the shortcut addresses listed below in your browser window to directly access kp.org tools and information.

- kp.org/allergies – living well with allergies
- kp.org/actforfamily – act for a family member
- kp.org/amazingfooddetective – interactive health game for children
- kp.org/appointments – make an appointment online
- kp.org/arthritis – help with managing arthritis
- kp.org/asthma – living well with asthma
- kp.org/audio – health and wellness podcasts
- kp.org/childhoodobesity – resources to prevent and treat childhood obesity
- kp.org/children – children’s health
- kp.org/choosehealthy – complementary and alternative care
- kp.org/classes – healthy living classes & programs
- kp.org/colds – prevention tips and care for colds
- kp.org/depression – tools to deal with depression
- kp.org/diabetes – living well with diabetes
- kp.org/doctor – stay connected with your doctor
- kp.org/enciclopedia – health encyclopedia in Spanish
- kp.org/espanol – content in Spanish
- kp.org/facilities – medical facility directory
- kp.org/fitness – tools to help you stay active
- kp.org/formulary – list of covered drugs
- kp.org/flu – prevention tips and care for the flu
- kp.org/health – health encyclopedia
- kp.org/healthdecisions – health decisions made easier
- kp.org/healthyaging – tips to live longer & healthier
- kp.org/healthylifestyles – personalized assessments and action plans for total health
- kp.org/healthyliving – tools to help you live well
- kp.org/heart – help for keeping your heart healthy
- kp.org/highbloodpressure – living well with high blood pressure
- kp.org/medicalstaff – medical staff directory
- kp.org/medications – drug encyclopedia
- kp.org/menshealth – men’s guide to good health
- kp.org/midatlantic – information and resources for Mid-Atlantic States region
- kp.org/mindbody – techniques for mind & body health
- kp.org/memberdiscounts – member discount programs
- kp.org/myhealthmanager – access to your personal health record
- kp.org/naturalmedicines – a guide to herbs, supplements, and other natural products
- kp.org/newmember – basics for new members
- kp.org/nutrition – help for eating well
- kp.org/pain – living well with chronic pain
- kp.org/pregnancy – information and resources for a healthy pregnancy
- kp.org/prevention – guidelines for preventive care, screenings, and immunizations
- kp.org/quitsmoking – tools to help you quit tobacco
- kp.org/recipes – recipes for good health
- kp.org/register – set up your online account
- kp.org/rxrefill – refill prescriptions online
- kp.org/surgery – what to expect before, during, and after an operation
- kp.org/vidasana – Spanish online wellness programs
- kp.org/video – videos to improve your health
- kp.org/weight – resources to help you manage weight
- kp.org/womenshealth – women’s guide to good health

REGIONAL HEALTH EDUCATION, HEALTH PROMOTION AND WOMEN'S HEALTH

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