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# TIME TO TAKE HR OFF YOUR SPEED DIAL

With a Kaiser Permanente Web site just for CalPERS members.

Start saving time, and avoid unnecessary calls and trips. Check out [kp.org/calpers](http://kp.org/calpers) today.

## Check your current health, no appointment necessary.

As a Kaiser Permanente member, you have access to personalized online wellness programs like HealthMedia® Succeed™. This total health assessment helps you analyze your lifestyle choices and create a health improvement plan. And as a CalPERS member, when you complete your assessment you can be entered in a drawing for an 80GB iPod or a \$500 gift certificate to a sporting goods store or [spafinder.com](http://spafinder.com).\*

\*To participate, you must be a CalPERS member age 18 or older with Kaiser Permanente Basic Plan coverage. By law, those enrolled in any Kaiser Permanente Medicare plan are not eligible to receive rewards.

**Connect to your health.**

## Get answers. Stay healthy. At [kp.org/calpers](http://kp.org/calpers).



Get connected to vital health information anytime, anywhere, with this Web site for CalPERS members. Access detailed benefits information and health announcements, and have free, easy-to-use online tools and information at your fingertips 24 hours a day, seven days a week.

## And if you're a Kaiser Permanente member, you can also use My Health Manager, your one-stop resource to

- View most test results as soon as they're available
- Order prescription refills (have most mailed postage-paid to your home)
- E-mail your doctor's office with nonurgent health questions
- Request or cancel routine appointments, or review details
- See a list of your recent immunizations and allergies
- Review recent office visits, including your doctor's recommended follow-up steps
- Act on behalf of a family member to schedule appointments, e-mail your child's doctor's office, and more

