

BETTER INFORMED. BETTER TOGETHER.

County of San Bernardino –Retirees



A better way to get and stay healthy



What you want,
when you need it



Everything under
one roof



What you want, when you need it



- Easy-to-schedule appointments
- Email access to your doctor's office
- Same-day, after-hours, and weekend services at many locations
- 24-hour telephone health advice from registered nurses
- Medical information and most test results online
- Convenient locations
- Emergency care coverage anywhere in the world



Everything under one roof



Save time and avoid driving all over town

Most of our locations conveniently offer multiple services under one roof.

- See your doctor
- Get lab services
- Get X-rays
- Fill prescriptions (and order most refills online)
- Self referral for certain specialty departments, including Obstetrics-Gynecology, Psychiatry, and Chemical Dependency Services



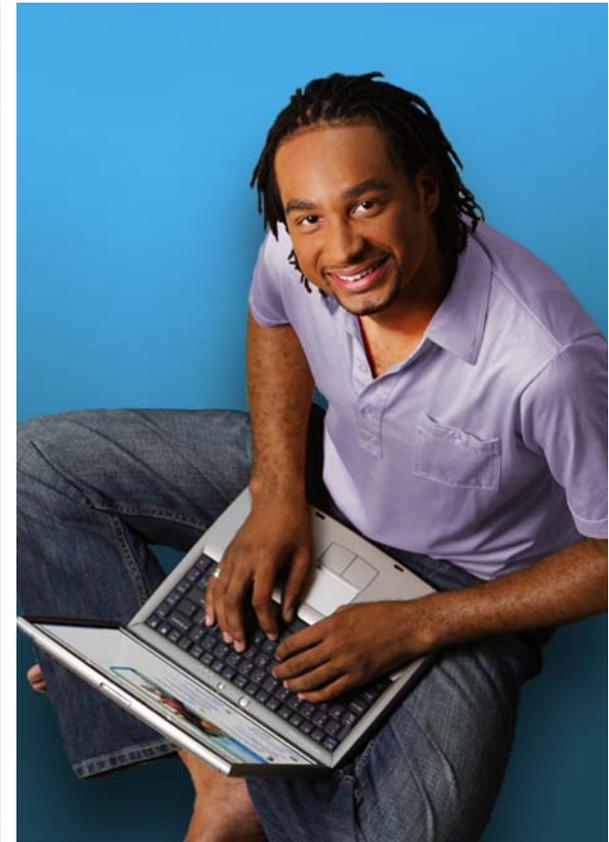
It's easy to stay connected



My Health Manager on kp.org

Manage your care online or from your web enabled mobile device:

- Email your doctor's office
- View most lab test results as soon as they're available
- Refill most prescriptions
- Schedule or cancel routine appointments
- Help take care of a family member, like a child or parent, using these features and more



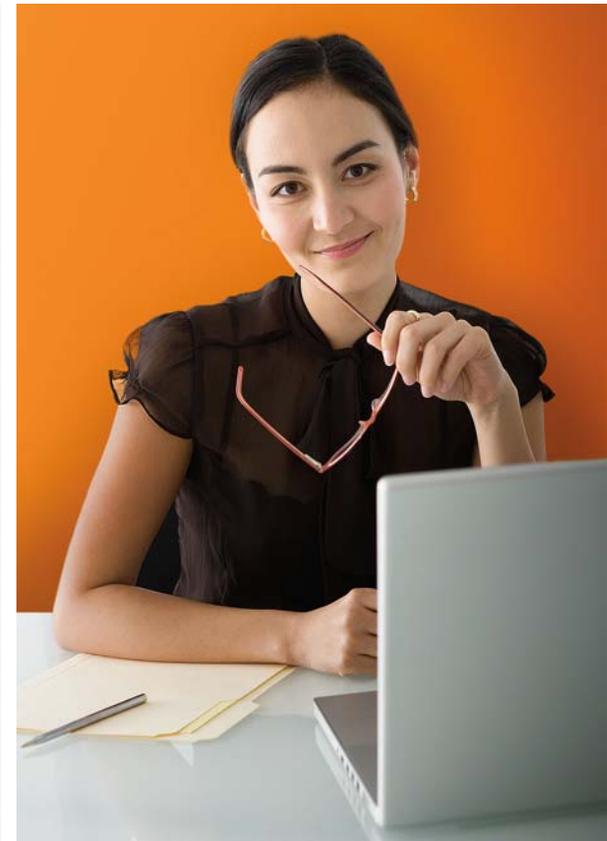
A website full of healthy ideas



kp.org

Get informed and inspired on our award-winning website. You'll find:

- Articles
- Wellness topics
- Health calculators
- Recipes from world-class chefs
- Music channels
- Podcasts
- Videos



Maximize your health



- Experienced Wellness Coaches are available by phone, at no cost to members. Get a personalized plan to help you lose weight, quit smoking, manage stress, eat right, and more
- Most facilities offer Health Classes (yoga, eating well, baby care, etc.)
- Farmers Markets are conveniently located at many of our facilities
- Personalized online wellness programs (lose weight, stay active, reduce stress, etc.)



Better Informed. Better Together.

New Expanded Urgent Care Hours

- Fontana
 - 9 a.m. to 9 p.m., 7 days a week
- Victorville
 - Monday through Saturday 9 a.m. to 9 p.m.
 - Sunday 1 p.m. to 9 p.m.
- Riverside
 - 8:30 a.m. to 10 p.m., 7 days a week

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Questions?

Call our Member Service Contact Center, 24 hours a day, seven days a week.

1-800-464-4000 English

1-800-777-1370 TTY for the hearing/speech impaired