

BETTER INFORMED. BETTER TOGETHER.

County of San Bernardino – Early Retirees



A better way to get and stay healthy



What you want,
when you need it



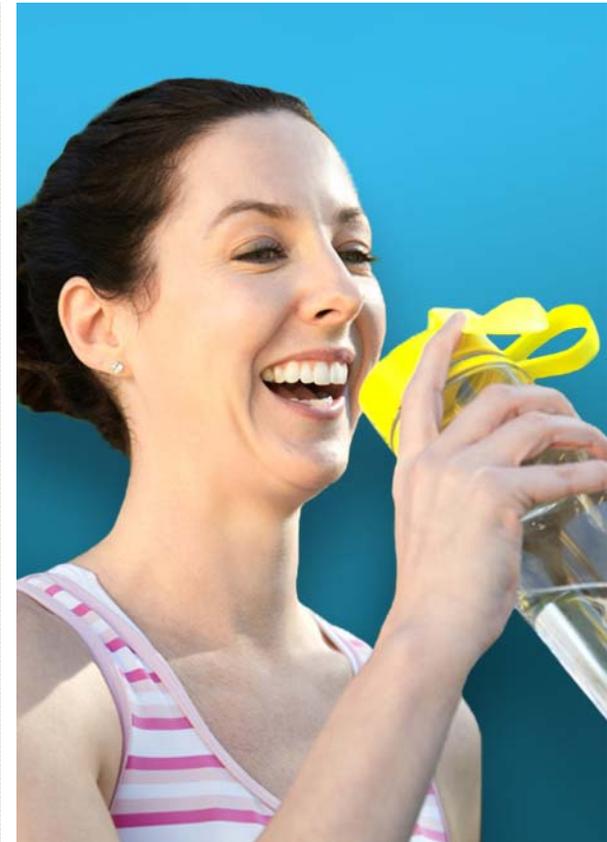
Everything under
one roof



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



Online access anytime, anywhere



It's easy to stay connected



A website full of healthy ideas



Good health on the go



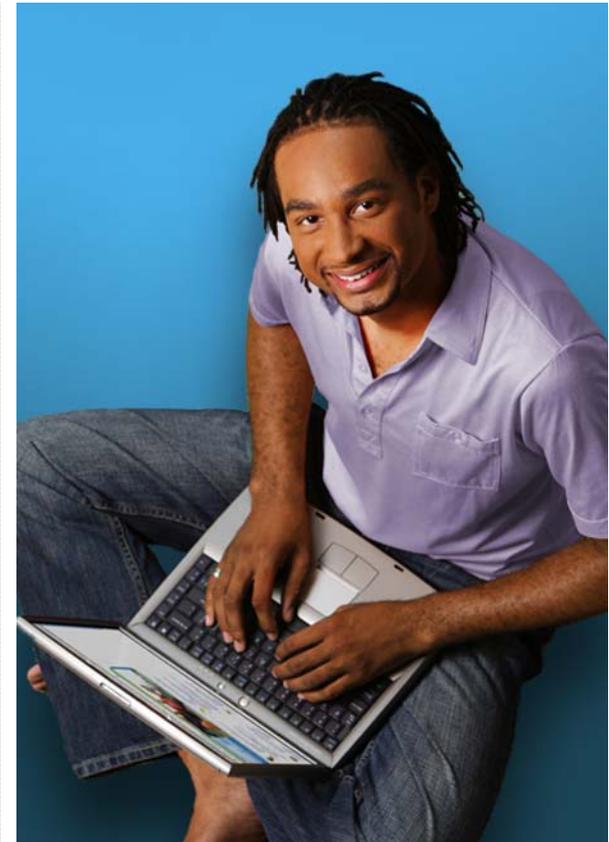
It's easy to stay connected



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



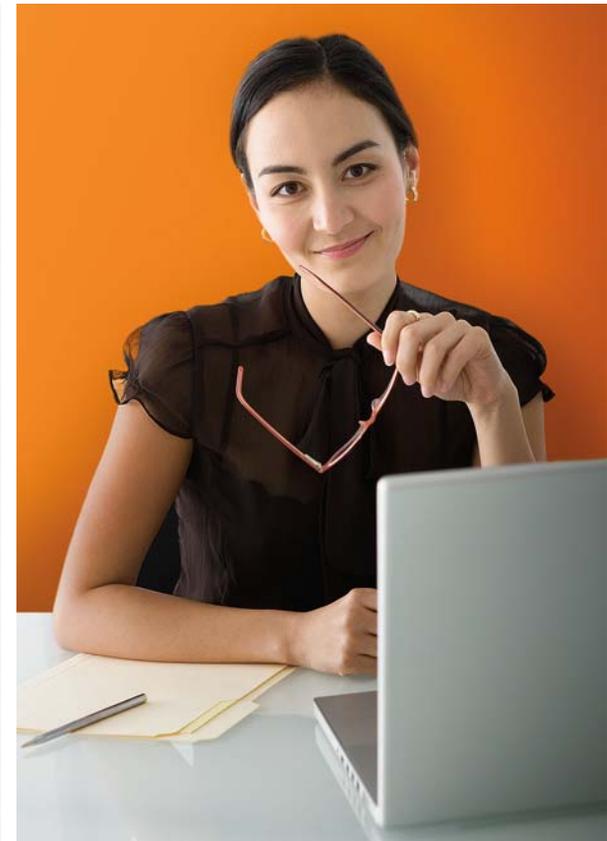
A website full of healthy ideas



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



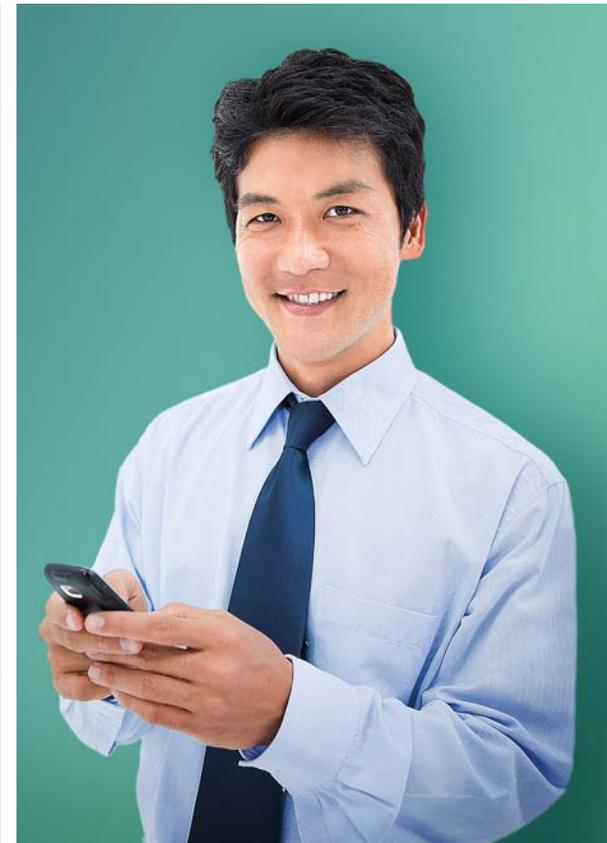
Good health on the go



Mobile apps

Use your smartphone or mobile device to fit wellness into your schedule.

- Manage your care, find nearby facilities, and more
- Stay fit with the free Every Body Walk! app—a fun, interactive tool to help you create and maintain a daily walking routine
- Just download our free apps from the App StoreSM or Google Play^{*}



*App Store is a service mark of Apple Inc.

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.)



New Kaiser Permanente Fontana Medical Center

- More than 450 physicians
- Private patient rooms
- Interactive video walls and touch-screen kiosks
- Energy-efficient lighting, heating, and cooling systems
- Drought-resistant landscaping
- Oncology, cardiology, in-patient dialysis, and more

High Desert Medical Offices Urgent Care

14011 Park Avenue
Victorville

Seven days a week
1 p.m. to 9 p.m.

Better Informed. Better Together.

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