

He just saved
two hours.
And a copay.



How? He simply e-mailed his doctor, instead of leaving work for an office visit. **My Health Manager** online services can prevent productivity losses—for your people and your organization—at a time when it's crucial to do more with less. And these services are available at no added charge.

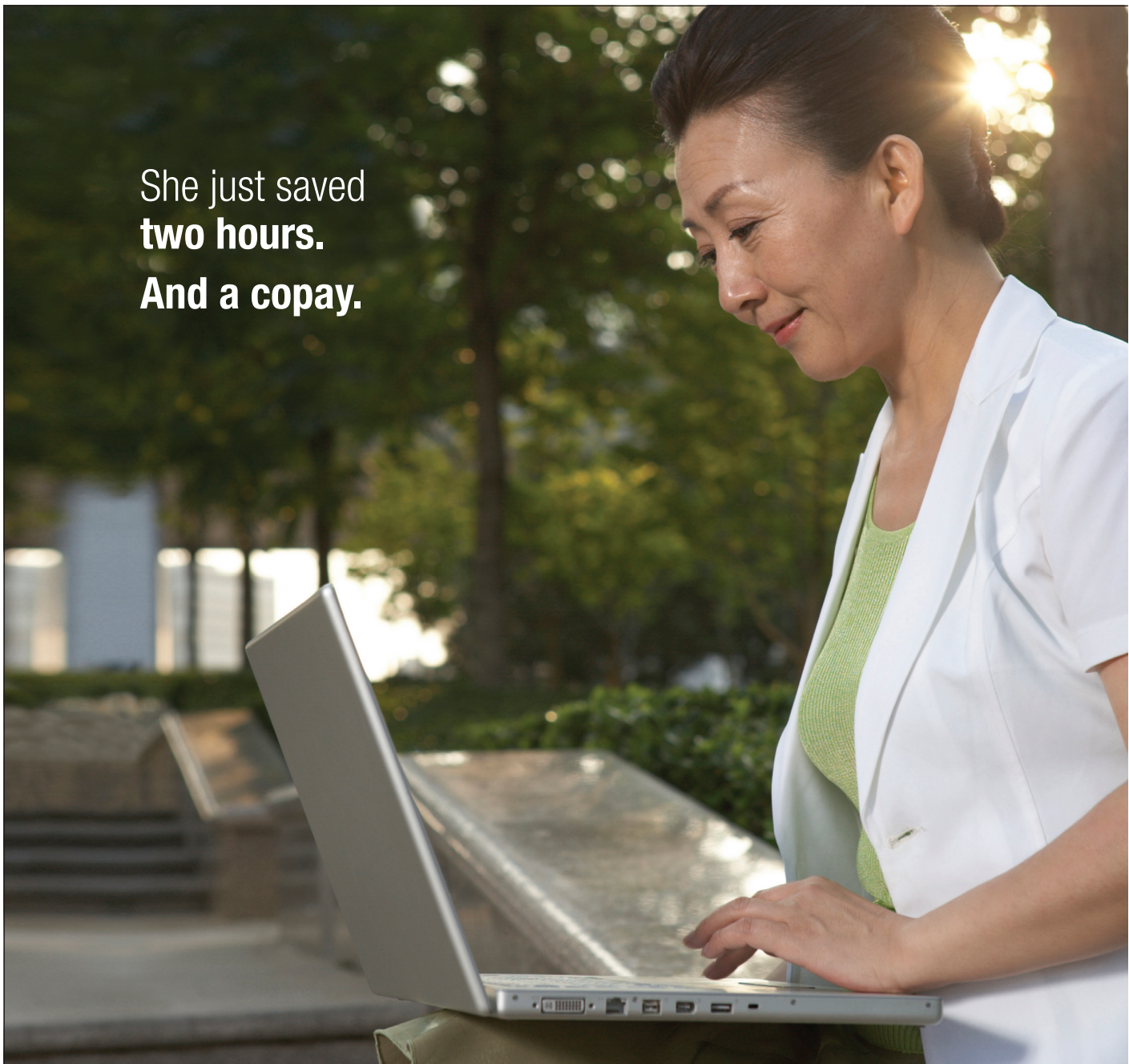
Members can:

- e-mail their doctor's office
- check lab results
- request routine appointments with their personal physician
- order prescription refills

See how we can bring greater value to your health care dollars—view a demo at kp.org/experience. Or contact your Kaiser Permanente broker or account manager.

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KAISER PERMANENTE®  thrive

A woman with dark hair pulled back, wearing a white lab coat over a light green top, is shown in profile from the chest up. She is looking down at a silver laptop that is open on a surface in front of her. Her hands are on the keyboard. The background is a blurred outdoor setting with green trees and a bright sun creating a lens flare effect in the upper right corner.

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He just filled his
prescriptions.
And he never
left work.



With My Health Manager, your employees can refill prescriptions online and pick them up at their local Kaiser Permanente pharmacy. Some prescriptions can even be mailed at no extra charge—no driving, no lines, no time away from work.

Members can use other convenient online features to:

- e-mail their doctor's office
- check lab results
- request routine appointments with their personal physician
- review past office visit information

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