Take charge of your health at kp.org

Teens can easily create an account to manage their health

Whether you're a teen or the parent of a teen, keeping up with care is easy — whether it's online or in the Kaiser Permanente app.[1,2]

Are you a teen?

If you're between 13 and 17 years old, you can create your own kp.org account and manage your care online easily. All you'll need is your email address, date of birth, and medical record number.

You have 3 ways to create a kp.org account:

- Visit **kp.org/registernow/co** or scan the QR code below

- Download the Kaiser Permanente app

- Go to one of our medical offices

Are you the parent of a teen?

For privacy reasons, teens 13 and older need to create their own kp.org account. You can add your teen to your account using the Act for a Family Member feature on kp.org.

To access your teen's health information:

- Sign in at **kp.org/actforfamily**

- Under "Add a person to your family list," click on "Add a person"

- Enter your teen's information and follow the steps to complete the process

Sign in to kp.org or our app to:

- Schedule and cancel routine appointments

- Email the doctor's office with nonurgent health questions

- View most lab results

- Request most prescriptions

- Print vaccination records for school, sports, or camp

Scan this QR code to create your **kp.org** account

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1. Kaiser Permanente app features are available only to members. **2.** Online features change when children reach age 13. Teens are entitled to additional privacy protection under state laws. When your child turns 13 years old, you will still be able to manage care for your teen, with modified access to certain features.

Learn more at **kp.org/registernow/co**

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