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IT'S SECURE. CONVENIENT. AND FREE.

Imagine having a direct link to your physician. Wherever you are, whenever you want. No phone calls, no appointments.

Once registered on kaiserpermanente.org, you can:

- E-mail your doctor with routine medical questions through your physician's home page on kp.org/mydoctor or through our Web site.
- Schedule routine doctor's appointments.
- Request prescription refills.

In the future, we'll continue to bring you even more features, such as the ability to e-mail your child's pediatrician.

Not yet registered? Go to kaiserpermanente.org and click "A Member." Select your region, then click "Sign on" at the top of the page. After you've submitted your information, we'll mail a password to your home in three to seven days. Simply log on with your new password to use the online services.

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