



Track your health online.

NEW FEATURES FOR TEENS

Friends. Music. Shopping. Games. You do it all online. Now you can add health to that list.

Get your questions answered and stay connected with your doctor—all online.

As a Kaiser Permanente member, if you're 13 or older, you can:

- **e-mail your doctor**
- **make your own appointments**
- **refill prescriptions online**

Start by creating your own kp.org account. Then check out your doctor's home page for information and online tools to help you stay healthy.

Need help with your skin? Your weight? Your stress? Questions about sports injuries or relationships? Check out kp.org/mydoctor for info you can trust.

We know health. You know you. Together we can keep you healthy.

Register at kp.org today.

NEW ONLINE FEATURES FOR TEENS

Do my parents have access to my online medical information?

Your parents or guardians can request authorization to help manage your healthcare online by signing up for “Act for a Family Member”. Once they have signed up and have access, they can exchange e-mail messages with your doctor and other members of your medical team. **They can also read any messages that you write to your doctors or your doctors write to you.**

Parents can also review sections of your medical record, including your immunizations and allergies. However, teens can access certain confidential services, and state laws protect parts of a teen’s medical record. This means parents cannot see information about your lab results, doctor visits or prescription medications.

Through Act for a Family Member, your parents can make appointments for you, but cannot see any other appointments that you have made unless you specifically give them permission to do so. If you want to give your parents access to view or change appointments for you, go to the Act for a Family Member page at kp.org/actforfamily.

Can my parents see messages between me and my doctor?

Yes, if your parents have signed up to act on your behalf. While we encourage you to discuss all important issues with your parents, we understand that some health issues are private. You should be aware that all secure e-mail messages between you and your doctor, or other members of your health care team, can be viewed by your parents if they have signed up for Act for a Family Member. While e-mail messages between you and your doctor are secure (password protected), they are not private. If you want to speak to your doctor confidentially, we recommend that you make an appointment to talk to him or her in person or by phone.

I’m 12 years old. Can I sign up for my own kp.org account?

Until you’re 13, only your parents can have access to your online medical information. Starting at age 12, you can see a doctor or other medical professional without a parent’s permission for certain confidential services. However, until you turn 13, your parents will be responsible for handling your online account for you.

What happens when I turn 18?

Young adults take legal ownership of their medical records beginning at age 18 and—if they already have a kp.org account—it automatically converts to adult access for all secure online features. Your parents’ access to your account expires when you turn 18. If you want your parents to continue to have access to your account, you can give them permission through the Act for a Family Member page at kp.org/actforfamily.

What else can I do on kp.org?

There’s a lot of great health information on your doctor’s home page at kp.org/mydoctor. We encourage you to check it out and explore all we have to offer. We’ve also created a special website just for teens and young adults at kp.org/youngadulthealth. Find tips on healthy eating, how to avoid sports injuries, how to handle stress and peer pressure, information on sexual health, and more. And if you move away for college, or travel during your vacations, you’ll find information on how to stay connected to your doctor and get the help you need when you need it.