

Easier health care for a healthier workforce

Self-service options, digital tools, and team support – for more ways to stay healthy

Employees expect ultra-convenient, anytime access from banks, restaurants, and retailers – they should expect it from health care, too.

We offer a broad range of digital tools, guidance and support, and self-service resources – many available on demand. And unlike with most health plans, they're fully integrated into overall care. That means members get richer, more personalized details about their health, care history, and coverage. Plus, care and advice come from Kaiser Permanente teams who can view their medical records and seamlessly coordinate their care. And it's all included in every plan.

A full suite of convenient tools

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[Choose a doctor, change anytime >](#)



[Schedule appointments in a snap >](#)



[Call or click to get prescriptions delivered >](#)



[Access health records 24/7 >](#)



[Track costs with personalized financial tools >](#)



[Connect to care remotely >](#)



[Email the doctor's office anytime >](#)



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[Reach health goals with a wellness coach >](#)