

Getting Your Healthcare Reminders

- Log in to kp.org
- Go to Medical Record
- Click onto the **Health care Reminders** link
- Print it out or take a screenshot, and blacken any protected health information (PHI), except your name
- **E-mail to nwpwellness@kp.org or submit via interoffice mail to NWP Wellness, KPB**

This is the KP.org home page.



[Choose your region](#)

My health manager

Create or enter
your User ID and
Password

A white sign-on form titled "Members sign on" is centered on the page. It is circled in red. The form contains two input fields: "User ID" with a person icon and a "Forgot?" link, and "Password" with a lock icon and a "Forgot?" link. Below the fields are two buttons: a green "Sign on" button and a "Register now" link. At the bottom, there is a line of text: "By signing on, you agree to our [Terms and Conditions](#) and [Privacy Statement](#)."

[Security](#)

Members sign on

User ID [Forgot?](#)

Password [Forgot?](#)

Sign on

[Register now](#)

By signing on, you agree to our [Terms and Conditions](#) and [Privacy Statement](#).

Once you sign in, click on Medical Record



[My Health](#)

[Medical Record](#)

[Message Center](#)

[Appointments](#)

[Pharmacy](#)

[Coverage & Costs](#)

[Health & Wellness](#)



Welcome



How to get care

[Appointments and advice](#)

[Routine care](#)

[Urgent care](#)

[Emergency care](#)

[Specialty care](#)

[Mental health and wellness](#)

[Care while traveling](#)

I would like to...

[Schedule an appointment](#)

[Fill a prescription](#)

[Compose an email](#)

[Find doctors & locations](#)

This is the “My medical record” page. Click onto the Healthcare Reminders link



All ▼

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- Medical Record
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- Pharmacy
- Coverage & Costs
- Health & Wellness

Doctors & Locations

- My health manager
- My medical record
 - Allergies
 - Download my health summary
 - Eyewear prescriptions
 - Growth charts
 - Health care reminders**
 - Health stats
 - Health summary
 - Hospital stays & follow-up
 - Immunizations
 - Letters



My medical record

Go mobile
Stay connected to kp.org wherever you go with the kp.org mobile app – now available for [iPhone](#) and [Android](#). Or visit the mobile version of our website, [m.kp.org](#).

This is the “Health care reminders” page. Print it out or take a screenshot, and blacken any protected health information (PHI), except your name. **E-mail to nwpwellness@kp.org or submit via interoffice mail to NWP Wellness, KPB 16.**



Health care reminders

[Help with health care reminders](#)

[Printer-friendly version](#)

Preventive medicine plays an important role in helping you maintain your health or manage chronic conditions. The procedures listed below are generally recommended for most people of your age, sex, and medical history.

The due date below is the normal recommended screening date. Your circumstances may vary and you may be advised by your physician or health care team to be tested sooner.

If you have questions about the recommended screening date, contact your physician or health

Blacken any PHI here

There are no health reminders listed in the medical record.

If you see information that you believe is not accurate, you can [request an update](#) to your medical record or [e-mail your doctor's office](#).

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