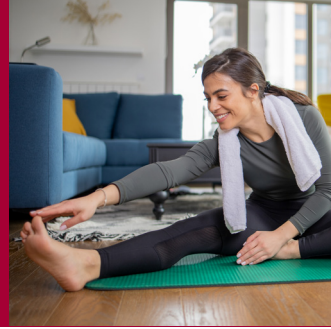


# MEDICAL TOOLS & RESOURCES



## Kaiser Members

To manage your Kaiser medical benefits and get started on a path to well-being, register and log in to [kp.org](https://kp.org) or download the [Kaiser app](#).

### Medical Tools

- Get information about your plan
- Find the right doctor for you
- Locate a facility in your area
- Download forms and publications
- Exchange secure e-mail with your doctor's office
- Order an ID card
- Schedule appointments
- Refill your prescriptions
- View your past visit information

### Wellness Resources

Here are some examples of the wellness programs available to you:

- Take a Total Health Assessment with Succeed™
- Manage chronic conditions with Care™ for Your Health
- Lose weight with Balance™
- Eat healthy with Nourish™
- Manage diabetes with Care™ for Diabetes
- Quit smoking with Breathe™
- Reduce stress with Relax™

Kaiser has an online collection of practical tools, tips and information. Here are a few examples of the information available to you:

- Women's health
- Men's health
- Child and teen health
- Fitness
- Nutrition and recipes
- Pregnancy and new baby

## Cigna Members

To manage your Cigna medical benefits and get started on a path to well-being, register and log in to [mycigna.com](https://mycigna.com) or download the [Cigna app](#).

### Medical Tools

- Get information about your plan
- Find the right doctor for you
- Order an ID card
- Manage and track your claims
- Manage your health information
- Estimate medical costs
- Refill a prescription
- Compare hospitals
- Compare Rx prices
- Manage your HSA

### Wellness Resources

- **My Health Assessment:** Complete a confidential online questionnaire to establish a health profile and get personalized health and wellness recommendations.
- **Condition and Wellness Resources:** Find information on health conditions, first aid, medical exams, wellness and more with an interactive medical library.
- **WebMD® Personal Health Record:** Keep your medical history at your fingertips by automatically storing and tracking medical conditions, medications, allergies, procedures, immunizations and emergency contacts online.
- **Your Health First:** If you are diagnosed with a chronic health condition, such as asthma, heart disease, diabetes, depression and weight complications, you will receive the following support through Cigna: Health and Wellness Coaching; Cigna Well Informed Program; Preference Sensitive Care; Pre/Post Discharge Outreach; Healthy Steps to Weight Loss Lifestyle Management Program; Quit Today Lifestyle Management Program; and Strength and Resilience Lifestyle Management Program.