

Take control of your health **with an updated Health Profile**



Your Health Profile helps your primary care team stay up to date

Information from your Health Profile is part of your Kaiser Permanente medical record and can help you and your care team in making care decisions. You can also print out the Patient Summary Report and bring it to share with your provider at your next visit.

You and your doctor: Partners in health

From preventive screenings to high-risk medical conditions, your Health Profile helps your doctor to learn more about your health and discuss what's most important during your visit.

If you haven't completed a Health Profile, here are the steps to take:

- **Register on our member website.** You'll need your Kaiser Permanente member ID number, which you can find on your member ID card. Then visit kp.org/wa/getstarted.
- **Choose your doctor.** Go to kp.org/wa/find-a-doctor.
- **Complete your Health Profile.** Use it as a guide to discuss any health concerns with your doctor.

To access your profile:

1. Register for secure online services at kp.org/wa/register.
2. After you sign in, look for the "Health Action Plan" box toward the bottom of your screen on your secure homepage. The link will take you to the Health Profile.

The image shows a screenshot of the Kaiser Permanente Health Profile registration and results page. The top section is titled "Member registration" and includes a "Why register?" section with a link to "kp.org/wa/getstarted". Below this is a "Your information" section with fields for "First name", "Last name", "Birth date", "Gender", "Phone", and "Email". A "Create account" button is visible. The bottom section is titled "Health Profile" and displays a table of health risks and lifestyle factors. The table has columns for "SEE DETAILS", "CHANGE NEEDED", "CONSIDER CHANGES", and "HEALTHY". The rows include "Breast Cancer Risk", "Cardiovascular Disease", "Skin cancer risk", "Lung Cancer Risk", "Diabetes Risk", "Colorectal Cancer Risk", "Health Coaching", "Body mass index (BMI)", "Risky Alcohol Use", "Birth Control", "Nutrition", "Physical Activity", "Tobacco Use", "Stress", "Sexual Health", and "Substance Abuse". The "Health Coaching" row is highlighted in green, indicating it is a "HEALTHY" status. The "Body mass index (BMI)" row is highlighted in yellow, indicating it is a "CONSIDER CHANGES" status. The "Risky Alcohol Use" row is highlighted in orange, indicating it is a "CHANGE NEEDED" status. The "Birth Control", "Nutrition", "Physical Activity", "Tobacco Use", "Stress", "Sexual Health", and "Substance Abuse" rows are highlighted in green, indicating they are "HEALTHY" status.

	SEE DETAILS	CHANGE NEEDED	CONSIDER CHANGES	HEALTHY
Breast Cancer Risk				
Cardiovascular Disease				
Skin cancer risk				
Lung Cancer Risk				
Diabetes Risk				
Colorectal Cancer Risk				
Health Coaching				
Body mass index (BMI)				
Risky Alcohol Use				
Birth Control				
Nutrition				
Physical Activity				
Tobacco Use				
Stress				
Sexual Health				
Substance Abuse				

These highlights are from your report summary. Go to your report to see full details and find ways to lower your risks. Your report isn't intended to be professional medical advice, diagnosis, or treatment. Talk with your doctor if you have health concerns.