

Welcome Page

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Component Identification

KAISER PERMANENTE Español? Other Languages Elena Martinez

My Health Medical Record Message Center Appointments Pharmacy Coverage & Costs Health & Wellness


Welcome back, Elena

Elena Martinez
 Add family member

Notifications (4)


- You have unread emails (2)
 Read it now.
- Results are in
 View your new test results
- Ready for your appointment?
 Check the date and time.

Health news & tips



Healthy Lifestyle, Early Detection, Closing care gaps and Seamless Care All Help Fight Cancer

A lifestyle focused on good health and physicians focused on early detection: At Kaiser, members benefit from both when it comes to prevention.



Local flu clinic open

Flu season is here, and Kaiser has you covered! Find directions and hours for your local flu clinic.

View more

Care team

- Karan Singh, MD
 Primary care
- Elaine Kim, MD
 OBGYN

Get help with common symptoms

- UTI
- Sinusitis
- Sore throat
- Vaginitis

View more

Connect for care advice

Advice Line
 Available 24 /7

If you think you have a medical or psychiatric emergency, call 911 or go to the nearest hospital. Do not attempt to access emergency care through this website.

404-365-0966
 1-866-432-7700
 View another region

Dual Choice PPO Members ↗
 Learn more about your plan and health care options.

E-visits
 Get answers about your symptoms and receive advice from your health care team.

I would like to...

- Schedule an appointment
- Fill a prescription
- Compose an email
- Find doctors & locations

I would like more info on...

- Video visits
- International travel
- Wellness coaching
- Interpreter services

Get Care

- Advice
- Routine Care
- Urgent Care
- Emergency Care
- Find Doctors & Locations
- Behavioral Health
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- New Member Welcome
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- Individual & Family Plans
- Medicaid/Medi-Cal
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Language

- Español
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Global Header

ACAA Banner

Care Team (No change to Care Team)

RTC

Accordion

View More/View Less Container

RTC

Horizontal Rule

Dual Choice PPO (Georgia Region Only)

Horizontal Rule

E-visits New Icon Link Component (not on all regions)

Horizontal Rule

Title for Link List

Link List

Title for Link List

Link List

Global Footer

Proxy Picker

Custom Link

Feed Container (No change to Notifications)

Feed

RTC

View More Conrainer

Image & Text

*ACAA Banner is hidden at 600 and below

The image shows a mobile application interface for 'My Health' with various components labeled. The interface is organized into several sections:

- Global Header:** Contains the 'My Health' title and a menu icon.
- Proxy Picker:** Displays the user's name, 'Elena Martinez', with a dropdown arrow.
- Feed Container:** A container for notifications, including:
 - Feed:** Individual notification items such as 'You have unread emails (2)', 'Results are in', and 'Ready for your appointment?'.
- Care Team:** A section titled 'Care team' listing 'Karan Singh, MD Primary care' and 'Elaine Kim, MD OBGYN'.
- RTC:** A section titled 'Get help with common symptoms'.
- Accordion:** A list of symptoms: UTI, Sinusitis, Sore throat, and Vaginitis, each with a plus icon.
- View More/View Less Container:** A 'View more' link at the bottom of the symptoms list.
- RTC:** A section titled 'Connect for care advice'.
- Advice Nurse Component:** A card for 'Advice Line Available 24 / 7' with contact information and a 'View another region' link.
- Horizontal Rule:** A thin line separating sections.
- Dual Choice PPO (Georgia Region Only):** A card for 'Dual Choice PPO Members' with a link to learn more.
- Horizontal Rule:** Another thin line.
- E-visits New Icon Link Component (not on all regions):** A card for 'E-visits' with a description and a link.
- Horizontal Rule:** Another thin line.
- Title for Link List:** A section titled 'I would like to...'. Below it is a list of links: 'Schedule an appointment', 'Fill a prescription', 'Compose an email', and 'Find doctors & locations'.
- Title for Link List:** Another section titled 'I would like more info on...'. Below it is a list of links: 'Video visits', 'International travel', 'Wellness coaching', and 'Interpreter services'.
- Horizontal Rule:** Another thin line.
- RTC:** A section titled 'Health news & tips'.
- View More Container:** A card for 'New hospitals in the South Bay' featuring an image of a hospital building and text: 'Members now benefit from state-of-the-art diagnostic tools and environmentally-friendly design.' Below this is another image of a hand holding a syringe and text: 'Local flu clinic open. Flu season is here, and Kaiser has you covered! Find directions and hours for your local flu clinic.' A 'View more' link is at the bottom.
- Global Footer:** A bottom section containing:
 - Follow us:** Social media icons for Facebook, Twitter, YouTube, Pinterest, and Instagram.
 - Get Care** (+)
 - Our Organization** (+)
 - Member Support** (+)
 - Visit Our Other Sites** (+)
 - Español**
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Center Specific Annotations

Symptom Triage and Reference Links

Symptom Triage and Reference Links

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My Health Medical Record Message Center Appointments Pharmacy Coverage & Costs Health & Wellness


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Get help with common symptoms

- UTI
- Sinusitis
- Sore throat
- Vaginitis

[View more](#)

Connect for care advice

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Available 24 /7

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[View another region](#)

- E-visits**
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- Fill a prescription
- Compose an email
- Find doctors & locations

I would like more info on...

- Video visits
- International travel
- Wellness coaching
- Interpreter services

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Horizontal Rule

Care team

Karan Singh, MD
Primary care

Elaine Kim, MD
OB/GYN

Get help with common symptoms

UTI

Sinusitis

Sore throat

Vaginitis

[View more](#)

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Compose an email

Find doctors & locations

I would like more info on...

Video visits

International travel

Wellness coaching

Interpreter services

Horizontal Rule

Horizontal Rule

Pattern: Content Toggle
Example 2
Styling: Variation 2 (JKP)
Behavior: Expand/Collapse

Horizontal Rule

View more/ View less
Expands list of all symptoms. Max 15 symptoms. When expanded, link text changes to View less.

Horizontal Rule

E-visits title should be E-visit with no 's' for SCAL only

Horizontal Rule

Link List
Links vary by region. Max 7 links for 'I would like to' and 7 for 'I would like more info on'.

My Health

Elena Martinez ▼

Notifications (4)

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Get help with common symptoms

- Cough/Cold/Flu
- Pink Eye
- Muscle/Joint Pain
- Seasonal allergies

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Horizontal Rule

Horizontal Rule

Horizontal Rule

Get help with common symptoms
Lists common symptoms. Each region will have a different list. Show 4 by default.

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Example 2
Styling: Variation 2 (JKP)
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Horizontal Rule

Chat with a Doctor

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View more

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- Elaine Kim, MD OBGYN

Get help with common symptoms

- Cough/respiratory infection
- Urinary problems/bladder infection
- Low back pain
- Pink eye and conjunctivitis

View more

Connect for care advice

- Chat with a doctor, pharmacist or financial counselor online 7 a.m. to 10 p.m. 7 days a week Start a chat now
- Advice Line Available 24 /7

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404-365-0966
1-866-432-7700
View another region

I would like to...

- Schedule an appointment
- Fill a prescription
- Find doctor & locations
- Pay my bill

I would like more info on...

- Video visits
- Natural medicines database

My Health

Elena Martinez

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Symptom Triage Expanded

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Get help with common symptoms

Cough/cold/flu

- Online care (E-visits)** [↗]
Get care and prescriptions for common conditions without a trip to your doctor's office, usually within an hour.
- Get advice 24/7 (Care by phone)**
Portland: 503-813-2000 or 711 (TTY)
All other areas: 1-800-813-2000 (toll free) or 711 (TTY)
- Phone appointment**
If you have a minor condition that doesn't require an in-person medical exam, you might be able to save time by scheduling a call with a Kaiser Permanente provider.
- Video appointment**
with a webcam, you may be able to meet face-to-face with your doctor by video — just as you would with a regular appointment.
- In-person appointment**
Sometimes, a visit to your doctor's office is exactly what you need. And since most Kaiser Permanente locations offer many services under one roof, you'll save time and money with a single trip. You can also schedule same-day or next-day care.

Bladder infection (female only)

Vaginal discharge/irritation

Eye infection (pink eye)

View more

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View another region

I would like to...

- Get Care in person
- Use the care cost estimator
- Fill a prescription
- Find doctors & locations

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My Health

Elena Martinez ▼

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No Notifications

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- [Compose an email](#)
- [Find doctors & locations](#)

I would like more info on...

- [Video visits](#)
- [International travel](#)
- [Wellness coaching](#)
- [Interpreter services](#)


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Screens at Different Breakpoints

Northern California

NCAL Symptom Triage at different breakpoints: 1280, 1024, 768, 320

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Southern California

SCAL Symptom Triage at different breakpoints: 1280, 1024, 768, 320

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- Elaine Kim, MD | OBGYN

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- UTI
- Sinusitis
- Sore throat
- Vaginitis

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- Compose an email
- Find doctors & locations

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Colorado

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- Cough/respiratory infection
- Urinary problems/bladder infection
- Low back pain
- Pink eye and conjunctivitis

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- Urinary problems/bladder infection
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 + Pink eye/eyelid problems
 + Urinary issues

Connect for care advice
 Advice Line | Available 24 /7
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 404-365-0966
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 Refill a prescription
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Elena Martinez | Add family member

Notifications (2)
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Care team
 Karan Singh, MD | Primary care
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- Vaginal discharge/irritation
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FED Details

Accordion

Line length at each breakpoint corresponds to columns.

1280

Get help with common symptoms

- + Cough/Cold/Flu
- + Urinary tract infection
- + Pink eye
- + Muscle/Joint pain

View more

1024

Get help with common symptoms

- + Cough/Cold/Flu
- + Urinary tract infection
- + Pink eye
- + Muscle/Joint pain

View more

768

Get help with common symptoms

- + Cough/Cold/Flu
- + Urinary tract infection
- + Pink eye
- + Muscle/Joint pain

View more

320

Get help with common symptoms

- + Cough/Cold/Flu
- + Urinary tract infection
- + Pink eye
- + Muscle/Joint pain

View more

A For screens 768 and above, 'Symptom Triage' uses same spacing and fonts.

768 & above

Get help with common symptoms

Cough/Cold/Flu
Topic Overview
Find out how to care for yourself and family at home, and when to contact us.
Get advice 24/7 (Care by phone)
Portland: 503-813-2000 or 711 (TTY)
All other areas: 1-800-813-2000 (toll free) or 711 (TTY)
Pharmacy
For consultation of the medication to purchase.
808-643-7979

- + Urinary tract infection
- + Pink eye
- + Muscle/Joint pain

View more

320

Get help with common symptoms

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View more

Typeface: Gotham
Size: 20px
Weight: Book
Color: #677083

Typeface: Gotham
Size: 16px
Weight: Medium
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Typeface: Gotham
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Size: 16px
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Line
Weight: 1px
Color: #E9EBEE

320

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Weight: Medium
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Typeface: Gotham
Size: 15px
Weight: Book
Color: #0D1C3D

Line
Weight: 1px
Color: #E9EBEE

B Expand
'View more' link will reveal all symptoms
'View more' will change to 'View less'

D Collapse
'View less' will collapse component to show only four symptoms

Get help with common symptoms

- + Cough/Cold/Flu
- + Urinary tract infection
- + Pink eye
- + Muscle/Joint pain

View more

B

Get help with common symptoms

- + Cough/Cold/Flu
- + Urinary tract infection
- + Pink eye
- + Muscle/Joint pain
- + Seasonal allergies
- + Contraception
- + Skin rashes

View less

C

Grids and Redlines

Elena Martinez ▼

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Health news & tips **584 x 398**

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Health news & tips **457 x 312**

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Health news & tips **342 x 243**

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Health news & tips **290 x 196**

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Elena Martinez

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New hospitals in the South Bay

Members now benefit from state-of-the-art diagnostic tools and environmentally-friendly design.



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