

# Employee Benefits Advisor

*Helping you get the most from your benefit plans.*

## ◆ Kaiser Permanente Healthphone

As your benefits advisor, RSI is committed to providing you with information on various programs that help you get the most from your benefit plans. One very important aspect of your plan is the Kaiser Permanente Healthphone.

Whether you are facing an acute medical problem or a chronic condition, it can be very stressful trying to understand your situation and treatment options. Your medical doctor should be your primary source for information, however, your health insurance company can also provide supplemental guidance.



Kaiser Permanente Healthphone is a free, confidential, and convenient way to receive accurate, up-to-date health information. You can listen to pre-recorded messages, in English or Spanish, from medical professionals on the health topic of your choice.

To get started, you'll need to obtain a Healthphone directory with the access codes by topic. You can order a directory either by calling 1-800-332-7563, or logging on to [www.members.kp.org](http://www.members.kp.org) and typing in Healthphone as the search term.

Once you have identified your access code, you can call the Healthphone number stated above and gather more information about a number of different medical conditions.

**If you have questions about this topic, please contact your RSI Benefit Service Specialist at 1-800-394-6111.**

