

# Kaiser Permanente members: Did you receive a flu shot outside of Kaiser Permanente?

Let us know you received a flu shot—**keep your medical record up to date.**

## Option 1. Tell us at [kp.org/questionnaire](https://kp.org/questionnaire) from your computer

Available to members registered on [kp.org](https://kp.org) in Southern CA, Northern CA, GA, MD, VA, CO, HI, and DC

1. Go to [kp.org/questionnaire](https://kp.org/questionnaire) and log in with your member user ID and password.
2. Scroll down to the **Optional Questionnaires** section and click on the **Influenza/Flu Vaccine** questionnaire option.
3. Follow the questionnaire and input the date you received a flu shot. Once finished, click **Submit Questionnaire**.

## Option 2. Email your doctor's office via [kp.org](https://kp.org)

Available to all members registered on [kp.org](https://kp.org)

1. Go to [kp.org](https://kp.org) and log in with your member user ID and password.
2. Click on **Message Center**, then click on **E-mail My Doctor**.
3. Follow the prompts to send your doctor's office an email letting them know you received a flu shot, including the date you received the shot, and ask them to add it to your medical record.

## Option 3. Tell us during your next visit

During your next appointment at a Kaiser Permanente medical facility, inform the receptionist that you received a flu shot, including the date you received the shot, and ask them to update your medical record.

## Need a flu shot?

Kaiser Permanente members can visit [kp.org/flu](https://kp.org/flu) or call the 24-hour flu hotline to find the nearest facility offering no-cost flu shots:

Northern CA: 800-573-5811

Southern CA: 866-706-6358

OR and WA: 800-813-2000

HI: Call the appointment and 24/7  
advice line.

MD, VA, and DC: 800-777-7902

GA: 770-431-4358

CO: 866-868-7091

Services covered under your health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612

[kp.org/flu](https://kp.org/flu)

