Need your medical records?

Kaiser Permanente has made it easy for our members to request their Medical Record information online through **kp.org** — You must first register online and activate your account.

With an active account you can:

- Request Medical Records
- File a disability claim
- Apply for paid family leave
- Initiate FMLA form completion

All requests are fulfilled within 5 - 7 business days at no additional cost to you.

Please visit **kp.org/requestrecords** for additional information and to get started.

You can also contact us by phone or email for further assistance.

San Diego Release of Information Unit
Phone: 619-583-4293
Email: sdroiu@kp.org

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