

Emmi® Online Education Program

Thank you for choosing Positive Choice Integrative Wellness Center to be part of your health and wellness team. After a class, appointment, or call, you may receive a KP.org email notification or a letter with a link to additional health education information through an Emmi.

What is an Emmi?

An Emmi is a web-based health education presentation that makes health information easy to understand.

Who orders my Emmi's for me?

Your Emmi's are ordered from your program or appointment provider but are approved and sent from our Physician's Assistant, Edit Zelkind.

How do I view my Emmi?

The Emmi can be viewed by clicking the link within your KP.org email or copying and pasting the link into a browser. The Emmi can be viewed on devices such as a desktop, laptop, tablet, or smartphone.

What if I am a Kaiser member but not active on KP.org?

Registering for KP.org is quick and easy and we can help. Information on registering for KP.org can be found at <https://positivechoice.org/> by clicking on 'Calendar' and then 'Help with KP.org'.

What if English is not my first language?

Emmi's can be viewed in several different languages.

1. Click the link in the KP.org email notification or go to <https://www.my-emmi.com/startemmi> and enter the access code provided to you, your date of birth, and then click 'Log In'.
2. Under the green 'View' button to the right of the Emmi, click the down arrow next to 'English', click on your language from the dropdown menu, and then click 'View' to start your Emmi.

What if I am having trouble viewing my Emmi?

If you are having trouble viewing your Emmi, you can contact support by phone at (866) 294-3664 or by email at support@my-emmi.com. This information is also in your Emmi email or letter notification.

