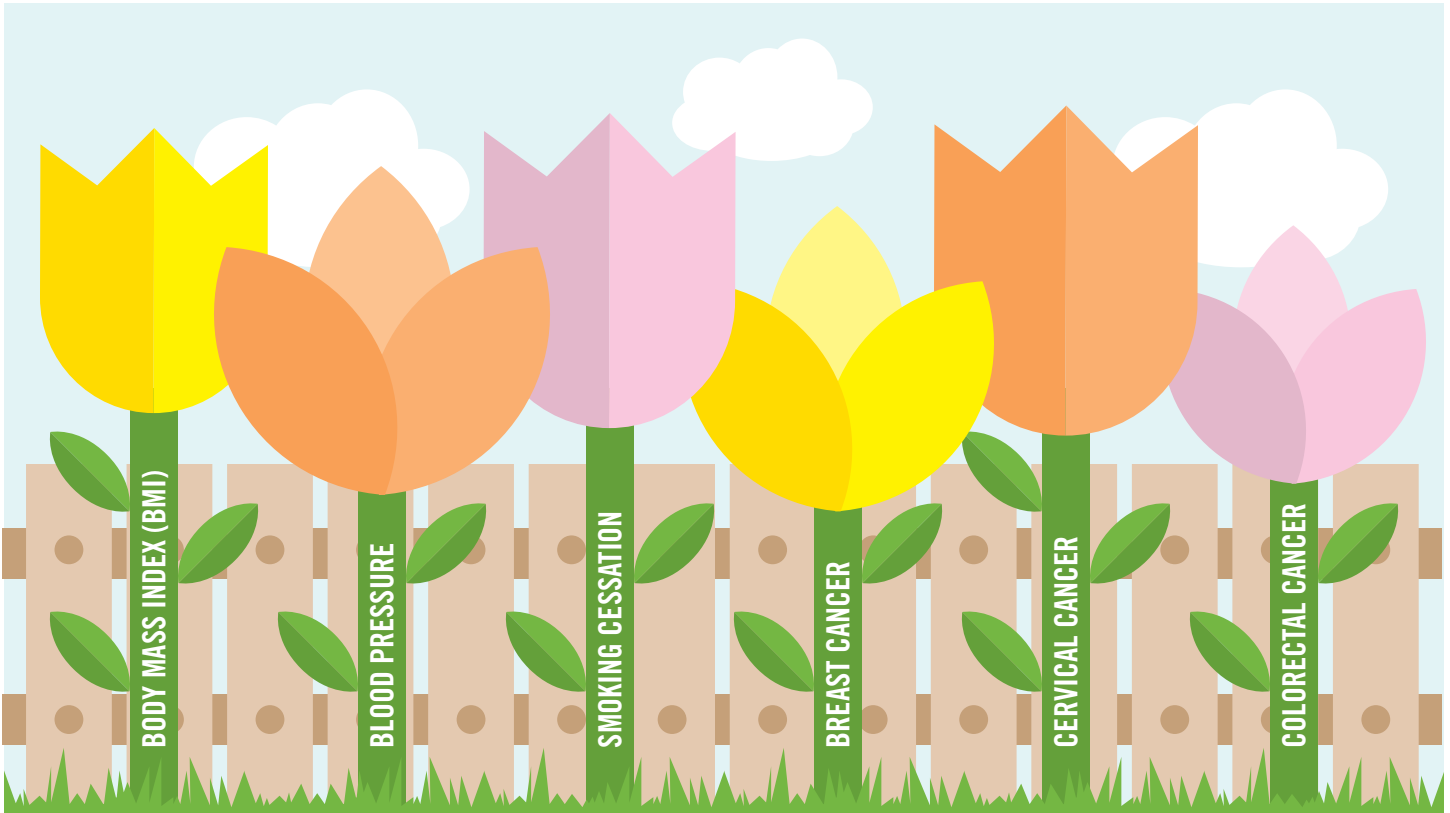




Staying up to date on your health screenings is a way to take care of yourself. Encourage team members to do the same.



**ACTIVITY:**

This month check with your provider or look at “Medical Record” on KP.org to learn which screenings are due: body mass index (BMI), blood pressure, smoking cessation, breast cancer, cervical cancer and colorectal cancer.

**INSTRUCTIONS:**

Each time you’ve completed one of the screenings above, write **checked**, **screened** or **encouraged** on the petals of the flowers. Encourage team members to do the same. You can create a garden of life by cutting out the flowers and posting the blooms on a visual board or wall.

**TIPS YOU CAN USE**

Challenge your UBT to set a SMART goal (one that is *specific, measurable, attainable, realistic/ relevant* and *time-bound*). For example: Our team will improve the percentage of UBT members who are up to date on all three cancer screenings by 10 percentage points (from our baseline) by June 30.