

**THIS MONTH,
BE A SCREENINGS HERO!
BE CURRENT ON YOURS!
ENCOURAGE YOUR TEAM
TO BE CURRENT TOO!**



**Prevention is the key
to keeping you and
your team healthy.**

BE A HERO: Check your health reminders by logging on to kp.org and click on "Medical Record" to learn what screenings are due.

Then tell your colleagues and family how to check theirs.



BODY MASS INDEX



BLOOD PRESSURE



SMOKING CESSATION



BREAST CANCER



CERVICAL CANCER



COLON CANCER