











Don't Forget Your Health Screenings

Take a proactive approach to your health by staying up to date on your health screenings and vaccinations. Knowledge is power! Routine screenings can identify diseases that may develop as you age — and could save your life. Also, ensuring that everyone has access to health screenings, and undergoes them, is an important way we can address health inequities in our communities.





Are You Due?

Check your “Medical Record” on kp.org or contact your provider to learn which screenings are due. When you receive a vaccination or complete one of the screenings, check it off. Getting vaccinated helps ensure the health and safety of our people, patients, members and communities.

- | | | | |
|------------------------------------------------------------------------------------|-----------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  | <input type="checkbox"/> VACCINATIONS |  | <input type="checkbox"/> BODY MASS INDEX |
|  | <input type="checkbox"/> BLOOD PRESSURE |  | <input type="checkbox"/> SMOKING CESSATION |
|  | <input type="checkbox"/> BREAST CANCER |  | <input type="checkbox"/> CERVICAL CANCER |
|  | <input type="checkbox"/> COLON CANCER |  | <input type="checkbox"/> A1C TEST
(blood sugar level for diabetes/prediabetes) |

BONUS ACTIVITY

Here are some ideas your unit-based team can pursue to close the gap on health screenings:

-  Encourage team members to take care of themselves and stay current on screenings and immunizations.
-  Remind patients if they have a screening or vaccination due.
-  Take the Total Health Assessment kp.org/tha.
-  Check out [10 Essential Tips for Improving Health Screenings](#).

SMARTIE Goal: [Health Screening Focus]

- S** = As a UBT, we will individually check kp.org to make sure we are up to date with all our screenings.
- M** = We will make an appointment for any care gaps identified on kp.org.
- A** = We will build in time for everyone to schedule/attend their appointment(s).
- R** = By making self-care a priority, we are ensuring the health and well-being of the team.
- T** = As a UBT, we will check in with one another over a 3-month period (September – December).
- I** = To ensure that all staff/team members are aware of the goal, we will ensure time is made for them to check kp.org and make/attend appointments (am/pm).
- E** = As a UBT, we will speak up if there are discrepancies in care for underrepresented communities.