



Remember Your Health Screenings

By staying up to date on your health screenings and vaccinations, you are taking a proactive approach to your health. Do you know what health screenings you have due? Routine screenings can identify diseases that may develop as you age — and could save your life.

Are You Due?

Check your “Medical Record” on kp.org or contact your health care team 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.



VACCINATIONS



BODY MASS INDEX



BLOOD PRESSURE



SMOKING CESSATION



BREAST CANCER



CERVICAL CANCER



COLON CANCER



ACTIVITY

When you receive your vaccinations for the flu and COVID-19 or complete one of the screenings, check it off. Encourage team members to do the same.

BONUS ACTIVITY

Pursue these ideas with your unit-based team to close the gap on health screenings:



Encourage team members to take care of themselves and stay current on screenings and immunizations using language that is accessible and meaningful to your team.



Take the Total Health Assessment kp.org/tha.



Create increasing health screenings and immunizations as a team project.



Remind patients if they have a screening or vaccination due. Consider structural barriers that need to be addressed to best serve different populations. Use person-first language that describes having a condition or circumstance. For example, instead of diabetics, say persons with diabetes.



Promote well-being activities that respect and support the diverse needs, preferences, and identities of your team members.



Work with another team to help members get their health screenings.



Check out [10 Essential Tips](#) for Improving Health Screenings.