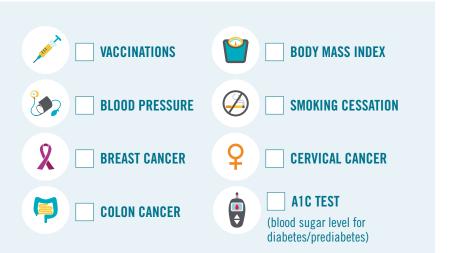
## **Don't Forget Your Health Screenings**



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.



## **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 <u>10 Essential</u>
<u>Tips for Improving Health</u>
<u>Screenings</u>.

## **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.



