



# Study up on Your Screenings

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



## KNOW YOUR 5 HEALTH NUMBERS

- Blood Pressure
- Body Mass Index
- Cholesterol
- Blood Sugar
- Waist Size

### ACTIVITY

**Is it time to screen?** Check your “Medical Record” on [kp.org](http://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](http://kp.org/tha).

Create increasing health screenings and immunizations as a team project.



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



For example, is radiology offering same-day mammogram appointments in your facility? Check out [10 Essential Tips](#) for Improving Health Screenings.



VACCINATIONS



BODY MASS INDEX



BLOOD PRESSURE



SMOKING CESSATION



BREAST CANCER



CERVICAL CANCER



COLON CANCER