

MARCH 2017

SPRING FORWARD TO SPRING SCREENINGS



LMP LABOR MANAGEMENT
PARTNERSHIP

Help your health bloom by staying up to date on health tests



Have you **checked** with your provider or looked at “My Medical Record” on KP.org to learn where you stand: *body mass index (BMI), blood pressure, smoking, breast cancer, cervical cancer and colorectal cancer*? Do you need to be **screened** or are you up to date? Finally, have you **encouraged** a team member to do the same?

Each time you’ve completed one of the steps above, write **checked**, **screened** or **encouraged** in the empty spaces on the trees, flowers and plants to help the spring garden blossom!

Also, for your UBT, set a SMART goal (one that is *specific, measurable, attainable, realistic/relevant and time-bound*). For example: Our UBT will improve the percentage of UBT members who are up to date on all three cancer screenings by 10 percentage points (from our baseline) by June 30.

YOUR UBT HEALTH & SAFETY CHAMPION IS

YOU CAN CONTACT YOUR CHAMPION BY