

MARCH 2016

KNOW YOUR NUMBERS: SCHEDULE YOUR HEALTH SCREENINGS TODAY.



LMP LABOR MANAGEMENT
PARTNERSHIP

HOW ARE YOU DOING? Most people say, “fine,” without even thinking about it. Make time for your regular health screenings, so you can answer “fine” with confidence. Screenings are an important first step in caring for yourself and lowering the risk of chronic disease or cancer. They also can pay off for you and your co-workers under the Total Health Incentive Plan (THIP).



BODY MASS INDEX (BMI)

Your BMI, a calculation based on height and weight, is one indication of a healthy weight.



BREAST CANCER

Women ages 50 to 74 should have a mammogram every one to two years. Women ages 40 to 49, and those 75 or older, should speak with their physician.



BLOOD PRESSURE

A healthy blood pressure helps protect you from heart attack, stroke and kidney disease.



CERVICAL CANCER

Women should have a Pap test every three years starting at age 21. Between ages 25 and 65, women should also have an HPV test every three years.



SMOKING

Smoking increases the risk for chronic disease, including diabetes, heart attack, stroke and cancer. If you smoke, KP can help you quit. Get started today by visiting kp.org/quitsmoking.



COLORECTAL CANCER

Starting at age 50, speak with your doctor about the best test for you: 1) a FIT test once a year, 2) a flexible sigmoidoscopy every five years, or 3) a colonoscopy every 10 years.

TIPS FOR YOU AND YOUR TEAM TO GET STARTED:

1. If you haven't seen your doctor in the past two years, make an appointment for a checkup.
2. If you're a KP member, check whether you're due for a health screening by visiting kp.org/myhealthmanager.
3. As a team:
 - » Brainstorm current options for team members to get their necessary screenings.
 - » Ask how those opportunities can be better communicated.
 - » Discuss how to share this information with everyone on your team.