

SEPTEMBER 2016

# GET SMART ABOUT SCREENINGS



**LMP** LABOR MANAGEMENT PARTNERSHIP

**SCHOOL IS IN SESSION.** The 2016 Total Health Incentive Plan (THIP) offers new opportunities to earn rewards, improve our lives and inspire one another on the journey to good habits and good health. Use these “study aids” below to write a healthy SMART goal that your team can put to the test (of change) this fall.

**What makes a goal SMART?** See the example below showing the five elements of a SMART goal, then talk with your team about coming up with one that works for you.

**SAMPLE SCREENING GOAL:**

"Improve our percentage of UBT members who are  
SPECIFIC

up-to-date on all three THIP cancer screenings from  
ATTAINABLE RELEVANT

80 percent to 90 percent by end of Q4 2016."  
MEASURABLE TIME-BOUND

Check to see that your health screenings/health improvement **SMART Goal** is

- ✓ Specific
- ✓ Measureable
- ✓ Attainable
- ✓ Relevant
- ✓ Time-bound

THEN GO FOR IT!



**Enter our contest now!** Win prizes for your teams. Send us photos of visual boards and other creative examples of your UBT's THIP screening projects. Email entries to [UBTHSchamps@lmpartnership.org](mailto:UBTHSchamps@lmpartnership.org) by Friday, September 23. We'll announce winners chosen from a random drawing of entries on the September tele-town hall.

See back page for health screenings information

# KNOW YOUR NUMBERS: SCHEDULE YOUR HEALTH SCREENINGS TODAY.



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**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.



## **BLOOD PRESSURE**

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



## **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](http://kp.org/quitsmoking).



## **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.



## **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.



## **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.

