

APRIL 2018

## SPRING INTO ACTION: HEALTHY GOALS, HEALTHY SCREENINGS



**LM<sup>3</sup>** LABOR MANAGEMENT  
PARTNERSHIP

**RENEW YOUR COMMITMENT TO BETTER HEALTH.** The Total Health Incentive Plan (THIP) continues to offer opportunities to earn rewards and inspire creative projects to build a culture of health.

**A SMART goal is a healthy goal:** The sample below will allow you to use the five elements of a SMART goal (Specific, Measurable, Attainable, Relevant, Time-bound) to come up with a project that works for your team.



### SMART TIPS

1. Use team huddles to encourage [kp.org](http://kp.org) sign-ups, where team members can check their screenings in Medical Record and schedule the ones that are due.
2. Brainstorm with the team; try creative projects to manage THIP screening participation and sustain good health habits.
3. Join the next UBT Health and Safety Champion tele-town hall and share your best ideas.

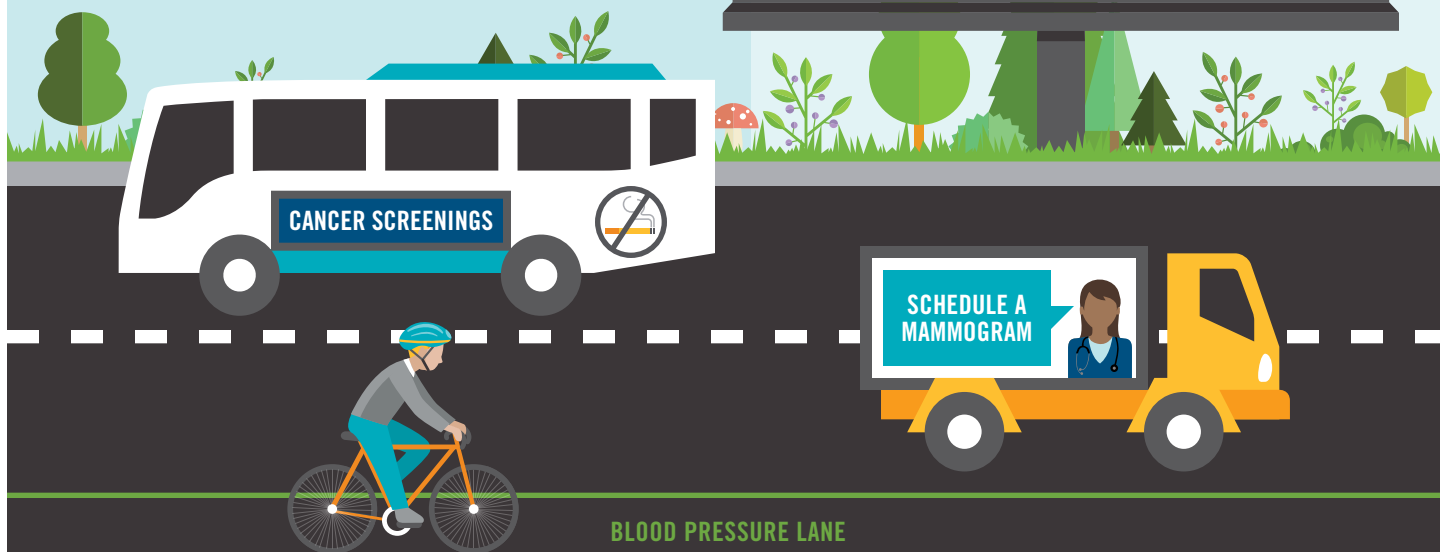
When did you last  
record your BMI?



### *Sample Screening Goal:*

"Increase the number of UBT members who  
SCHEDULE their six THIP screenings from 0 to 7  
by the end of Q2 2018."

SPECIFIC  
ATTAINABLE RELEVANT MEASURABLE  
TIME-BOUND



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## DO YOU KNOW YOUR NUMBERS? **SCHEDULE YOUR HEALTH SCREENINGS TODAY.**



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**TAKE CARE OF YOURSELF AND EACH OTHER:** Staying current on your health screenings is an important step in caring for yourself. Reminding your team to be current on theirs is another. It can also pay off for you and your co-workers under the Total Health Incentive Plan (THIP).\*



### **BODY MASS INDEX (BMI)**

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, Kaiser Permanente can help you quit. Visit [kp.org/quitsmoking](http://kp.org/quitsmoking).



### **BREAST CANCER**

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



### **CERVICAL CANCER**

Women should have a Pap test every three years starting at age 21. Women between 25 and 65 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) FIT test once a year, 2) flexible sigmoidoscopy every five years or 3) colonoscopy every 10 years.



\* Visit My HR and click on the *Benefits & Wellness* to learn more about the Total Health Incentive Plan.