



# Heroes Need Care Too

Take care of yourself by staying up to date on your health screenings and getting vaccinated.



## VACCINATIONS



## BODY MASS INDEX



## BLOOD PRESSURE



## SMOKING CESSATION



## BREAST CANCER



## CERVICAL CANCER



## COLON CANCER



## ARE YOU DUE?

Contact your provider or check your “Medical Record” on [kp.org](http://kp.org) to learn which screenings are due. Don’t forget to protect yourself against the flu and COVID-19.\* Getting vaccinated helps ensure the health and safety of our people, patients, members and communities.



## ACTIVITY

When you receive your vaccinations for the flu and COVID-19 or complete one of the screenings, check it off. Encourage team members to do the same.



## INSTRUCTIONS

Challenge your team to set a SMART goal (one that is specific, measurable, attainable, realistic/ relevant and time-bound).

**FOR EXAMPLE:** We will improve our team health care gaps from X to Y by December 9, 2021.

**HOW TO SET THE GOAL:** The team will add up their individual care gaps to create a team baseline total (X). Once the baseline is known, the team will set a target (Y) to be achieved by a set deadline.

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\* Kaiser Permanente requires all employees and physicians to be fully vaccinated for COVID-19, or to apply for a medical or religious exemption. If you are not vaccinated, but would like to schedule an appointment, please visit [kp.org/covid](http://kp.org/covid).