



# Self-care is health care

In the face of COVID-19, preventive care is more important than ever. Stay up to date on your health screenings and get your flu shot. Encourage team members to do the same.



**FLU SHOT**



**BODY MASS INDEX**



**BLOOD PRESSURE**



**SMOKING CESSATION**



**BREAST CANCER**



**CERVICAL CANCER**



**COLON CANCER**



## ACTIVITY

Contact your provider or check your Personal Action Plan under “Medical Record” on KP.org to learn which screenings are due: body mass index (BMI), blood pressure, smoking cessation, breast cancer, cervical cancer and colorectal cancer. Don’t forget the flu vaccine, which reduces the chance you will get the flu and pass it on. Encourage others to get vaccinated, too.



## INSTRUCTIONS

When you receive your flu shot or complete one of the screenings, check it off. Encourage team members to do the same. At the end of the month, come together and see how many of your co-workers are current on them all!

## TIPS YOU CAN USE

Flu shots are available at no charge to our members when administered at a Kaiser Permanente facility. Due to COVID-19, drive-through and outdoor walk-up flu vaccine clinics will be offered. Locations can be found at [kp.org/flu](https://kp.org/flu).