

**TARGET BLOOD PRESSURE**

18-59 years	<140/90
60 and Older	<150/90
60 and older with diabetes and/or kidney disease	<140/90

Talk to your doctor to learn what your goal should be. Source: JNC VIII

Date	Systolic	/	Diastolic
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Date	Systolic	Diastolic
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Health Record Card

KEEP THIS CARD WITH YOU AND TAKE TO ALL DOCTOR VISITS.



Source: ICSI or USPSTF

Age 65 and older and high risk adults (talk to provider regarding need)	Flu	Yearly
Age 65 and older and high risk adults (talk to provider regarding need)	Tetanus/diphtheria	Every 10 years
Age 21-65 every 3 years (over 65 or at high risk, talk to your provider)	Pap test	Talk to provider regarding need
Age 50-74 every 1-2 years (age 40-49 and 75+, talk to provider regarding need)	Mammogram	Talk to provider regarding need
Age 50-75 for those at average risk: colonoscopy every 10 or sigmoidoscopy every 5 or fecal occult blood test yearly	Colon Cancer Screening	Talk to provider regarding need

**PREVENTIVE HEALTH RECOMMENDATIONS**

1-800-851-3379  
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