**TARGET BLOOD PRESSURE**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Systolic</th>
<th>Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-59 years</td>
<td>&lt;140/90</td>
<td>/</td>
</tr>
<tr>
<td>60 and Older</td>
<td>&lt;150/90</td>
<td>/</td>
</tr>
<tr>
<td>60 and older with diabetes and/or kidney disease</td>
<td>&lt;140/90</td>
<td>/</td>
</tr>
</tbody>
</table>

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

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**PREVENTIVE HEALTH RECOMMENDATIONS**

**Screening**

- Colorectal Cancer:
  - Colonoscopy every 10 or sigmoidoscopy every 5 years
  - Rectal occult blood test yearly

- Mammogram:
  - Age 40-49 and 75+ talk to provider
  - Age 50-74 every 1-2 years

- Pap Test:
  - Age 21-65 every 3 years

- Pneumococcal:
  - Age 65 and older and high-risk adults (talk to provider regarding need)

- Tetanus/Diphtheria:
  - Every 10 years

- Flu:
  - Every year

- Pertussis:
  - Talk to provider regarding need

Source: ICSI or USPSTF

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**Health Record Card**

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

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HealthAlliance.org

1-800-851-3379

HealthAlliance.org

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Urbana, IL 61801

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Talk to provider regarding need
List all medications you are taking. Cross off discontinued medicines every time you have a change.

*Review each year with your doctor