

# Staying Healthy in the New Year



## Your Numbers to Good Health

### Blood Pressure

**< 120** **Systolic** (top number): maximum pressure in blood vessels when heart beats.

**< 80** **Diastolic** (bottom number): minimum pressure in blood vessels when heart relaxes between beats.

### Total Cholesterol

**Desirable:** below 200 mg/dL

**Borderline High:** 200–239 mg/dL

**High:** 240 mg/dL and higher

### Tips to Improve Your Health

- Do not use tobacco.
- Maintain a healthy weight.
- Be physically active.
- Follow a healthy eating plan.
- Reduce sodium in your diet.
- Drink alcohol only in moderation.
- Take prescribed medicine as directed.
- See your doctor regularly.



## Preventive Screening Reminders

Screening	Recommendation
<b>Adult Immunizations*</b>	
Influenza (Flu Shot)	Annually
Tetanus, Diphtheria, Pertussis (Td/Tdap)	First dose by age 18, then every 10 years—discuss options with your physician
Pneumonia Shot	Complete at age 65 or per your physician's recommendation
<b>Colorectal Screening*</b>	
Colonoscopy, or	Complete by age 50 and then every 10 years
Sigmoidoscopy, or	Complete by age 50 and then every 5 years
Fecal Occult Blood Test	Complete by age 50 and then yearly
<b>Early Cancer Detection* - Female</b>	
Pap Test	Start by age 21 and then retest per your physician's recommendation
Clinical Breast Exam	Complete per your physician's recommendation
Mammogram	Start by age 50 or per your physician's recommendation
<b>Early Cancer Detection* - Male</b>	
Digital Rectal Exam	Start by age 50 (age 40 for those at risk), then yearly
PSA (prostate-specific antigen)	Complete per your physician's recommendation

*\*Benefits coverage may vary by plan. Consult member services by calling their number on the back of your member ID card. Source: OHP Clinical Guidelines 2022*