

Your numbers to good health



Blood pressure

- **Systolic (<120):** maximum pressure in blood vessels when heart beats.
- **Diastolic (<80):** 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.

**Benefits coverage may vary by plan. Consult member services by calling their number on the back of your member ID card.
Source: Sentara Health Plans Clinical Guidelines 2025*

Sentara Health Plans is a trade name of Sentara Health Plans, Sentara Health Insurance Company, Sentara Health Administration, Inc., and Sentara Behavioral Health Services, Inc.

Screening	Recommendation
Adult immunizations*	
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	Initial dose at age 65 or per your physician's recommendation
Colorectal screening*	
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
Early cancer detection* (female)	
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 40 or per your physician's recommendation
Early cancer detection* (male)	
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