

# **Information:**

## **Annual Health Checks**

### **for people with a learning disability**



**An easy read guide**





An **annual health check** is a health check with your doctor or nurse.

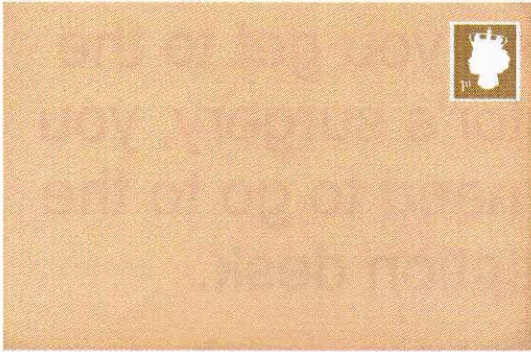


**Annual** means you can have a health check every year.

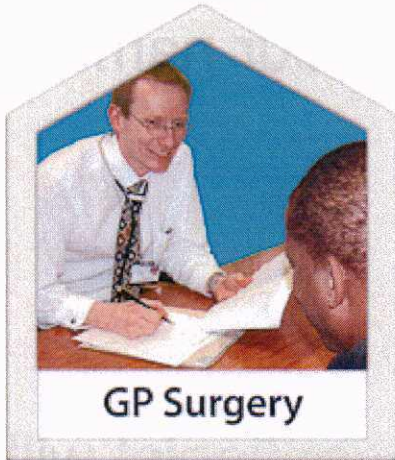


The doctor or nurse can talk to you about your health.

They can help you look after your health.



Your doctor's surgery will send you a letter inviting you for a health check.

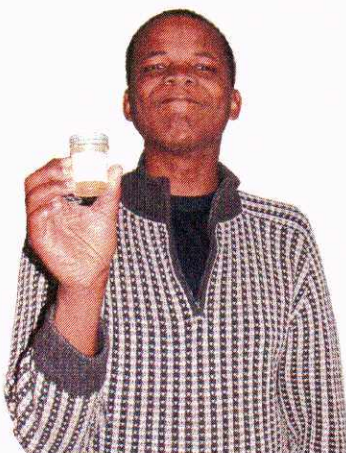


Your health check will be at your doctor's surgery.



You can take someone with you.

Take someone who knows you well.



You will need to take a sample of your wee to the appointment.



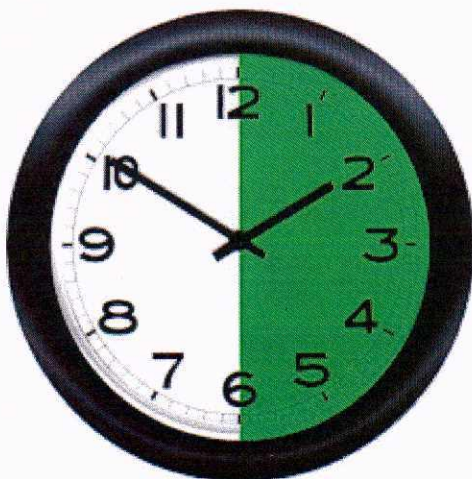


When you get to the doctor's surgery, you will need to go to the reception desk.

The receptionist will ask for your name.



The receptionist will ask you to wait in the waiting room

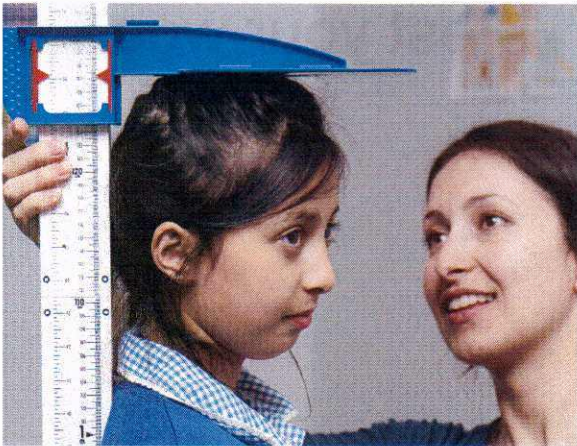


The health check will take about 30 minutes



This is what will happen at your health check

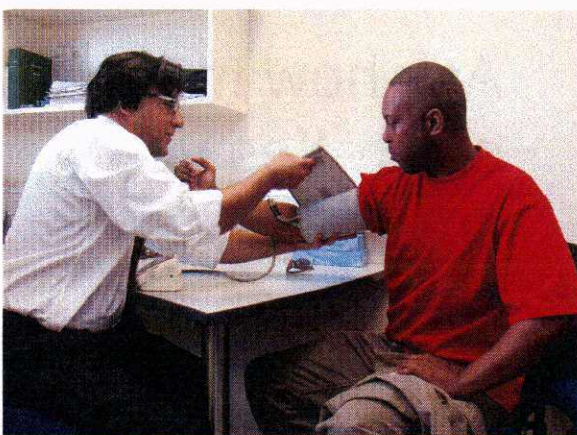
The doctor or nurse will:



Check your height



Check your weight



Take your blood pressure and your pulse

The doctor or nurse will:



Test your wee



Do a blood test



Ask how many  
cigarettes you  
smoke



The doctor or nurse will:



Ask how much  
alcohol you drink.



Talk to you about  
what you eat.



Talk to you about  
what activities and  
exercise you do.

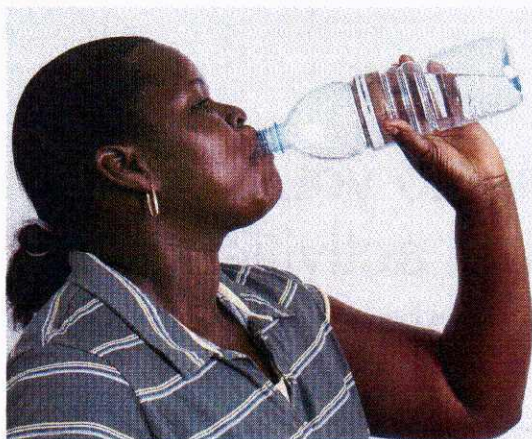
The doctor or nurse will:



Ask if there are any changes to your behaviour. Things like changes to how you are sleeping.



Ask if you are having any difficulties with your speech.



Ask if you are having any difficulties with eating or swallowing.



The doctor or nurse will:



Ask if you have had  
your eyes tested



Check your ears  
and your hearing

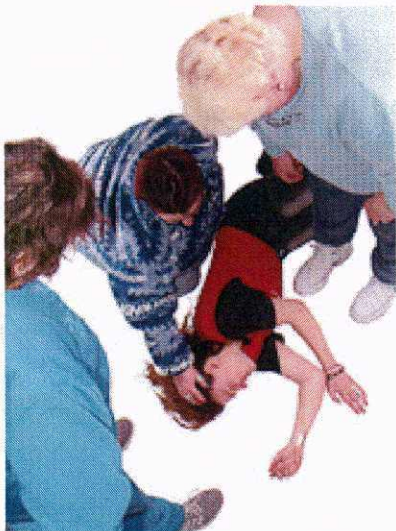


Ask if you are  
having difficulties  
with moving around

The doctor or nurse will:



Ask if you have any problems going to the toilet



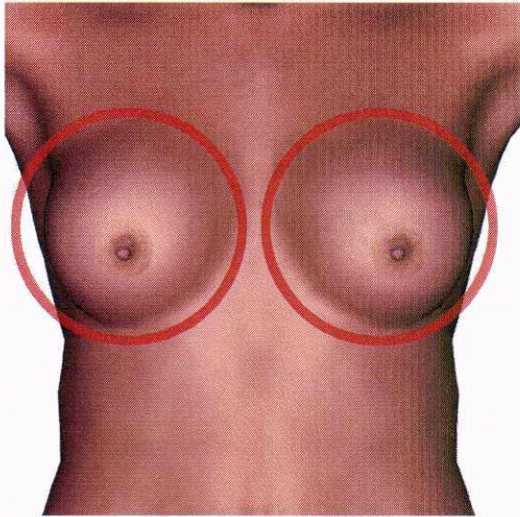
Ask you about your seizures if you have epilepsy



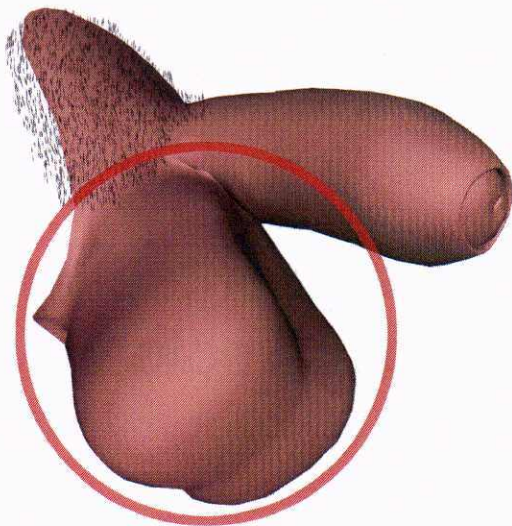
Ask you how you are feeling



The doctor or nurse will:



Check your breasts,  
if you are a woman



Check your testicles,  
if you are a man



Talk about your  
medication.

Check that you are  
taking the right  
medication

The doctor or nurse will:

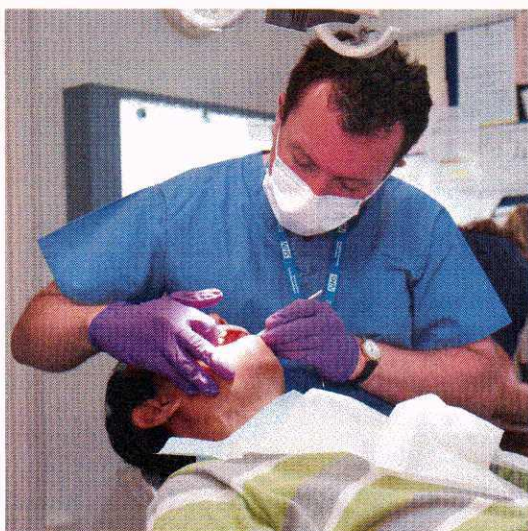


Talk about sexual health and contraception

**Other questions the doctor or nurse might ask you:**

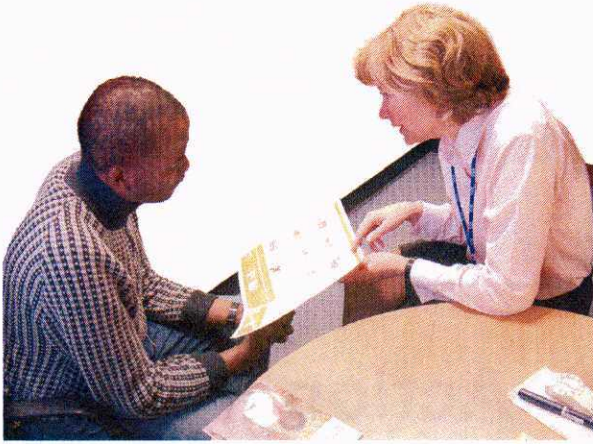


Look at your feet and talk about footcare









Ask if you have had a check up with the dentist





The doctor or nurse will talk to you about what you need to do to stay healthy

Practice and name of patient details to be inserted:

My Health Action Plan			
	What you need to do: 1. 2. 3.		By when?
	What your carer or support worker needs to do: 1. 2. 3.		By when?
	What your doctor or practice nurse needs to do: 1. 2. 3.		By when?

**This is your Annual Health Check:**  
(For GP practice: please attach completed Annual Health Check)

You can ask the doctor or nurse to write this down on a Health Action Plan.



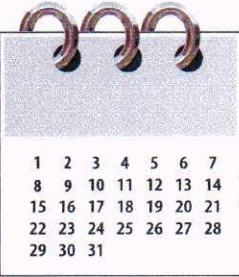

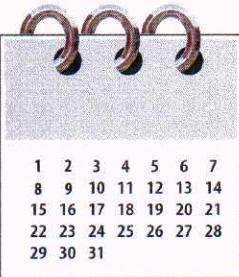

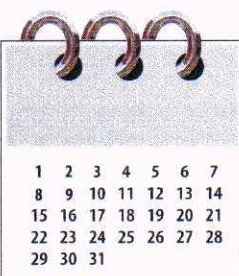


The Plan tells you you about the things you need to do to stay healthy.

It will tell you what other people need to do to help you stay healthy.

Here is a Health Action Plan.

You can ask your doctor or nurse to fill one in at your health check

	<h2 style="text-align: center;">My Health Action Plan</h2>		
	<p>What you need to do?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>		<p>By when?</p>
	<p>What your carer or support worker needs to do?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>		<p>By when?</p>
	<p>What your doctor or practice nurse needs to do?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>		<p>By when?</p>