

HAVE YOU HAD

YOUR FREE

NHS HEALTH CHECK?

Are you aged 40-74?

Even if you feel well, being over forty increases your risk of heart disease, stroke, kidney disease, diabetes, or dementia.

Speak to Reception to book your **FREE NHS Health Check** to help you stay healthy.



Scan me to
discover more.



The NHS logo, consisting of the letters "NHS" in a bold, white, sans-serif font, set against a dark blue background.





FREQUENTLY

ASKED

QUESTIONS

Will everyone have this check?

If you are aged between 40 and 74, you should receive an invitation for a check-up every five years. If you fall outside this age range but have health concerns, please contact your GP.

What happens at the check?

The medical check takes 20-30 minutes to assess your risk for heart disease, type 2 diabetes, kidney disease, and stroke. It includes finger stick testing and measurements of your height, weight, sex, age, ethnicity, blood pressure, and cholesterol.

What happens after the check?

You will be taken through your results and what they mean, with personalised advice on how to lower your risk and maintain a healthy lifestyle. Treatment or medication may be recommended.

