# 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.

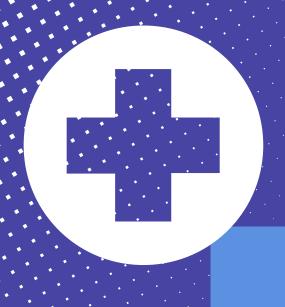
Speak to Reception to book your **FREE NHS Health Check** to help you stay healthy.



Scan me to discover more.







## FREQUENTY

**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.





