

NHS Health Check letter

We are inviting you to come along for a free NHS health check. These free health checks are being offered to people between the ages of 40 and 74 once every 5 years.

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as:

- [heart disease](#)
- [diabetes](#)
- [kidney disease](#)
- [stroke](#)

During the check-up you'll also discuss how to reduce your risk of these conditions and [dementia](#). If you're over 65, you will also be told the [signs and symptoms of dementia](#) to look out for.

The health check usually takes around 20mins of your time, and is based on a number of questions and tests. These include: blood pressure, height/weight, things that run in the family, cholesterol and lifestyle. During the health check, we will do finger prick tests for cholesterol and sometimes diabetes. We get the results of these within a few minutes. Once we have this data, then we can assess your risk and provide you with personalised advice about how to reduce your risk.

To find out more please visit:

www.nhs.uk/Planners/NHSHealthCheck/Pages/NHSHealthCheck.aspx

If you would like to book in for this health check, then please contact the surgery. We look forward to working with you to help you experience best health possible.