

# Free NHS Health Check



Helping you prevent:

Heart disease, stroke,  
diabetes and kidney disease.

Everyone is at risk of developing heart disease, stroke, diabetes or kidney disease. The good news is that these conditions can often be prevented – even if you have a history of them in your family. Have your free NHS Health Check and you will be better prepared for the future and be able to take steps to maintain or improve your health.

This check is to assess your risk of developing heart disease, type 2 diabetes, kidney disease and stroke.

The check will take about 20–30 minutes.

You'll be asked some simple questions. For example, about your family history and any medication you are currently taking.

We'll record your height, weight, age, sex and ethnicity.

We'll take your blood pressure.

We'll do a simple blood test to check your cholesterol level.

Afterwards we will discuss your results and what lifestyle changes could be made to improve your health.

If you are aged between 40—74 and have **NOT** been diagnosed with the following conditions, then please register your details at reception.

High cholesterol

Diabetes

Kidney disease (not UTI's)

High blood pressure

Stroke

Any heart problems, e.g. Angina, heart attack

If you answered yes to any of the above conditions, then you will already be having regular health checks with your clinician.