

NHS Health Checks

We want to help you stay well for longer.

An **NHS Health Check** looks at how healthy your body is and helps spot problems early.

What is an NHS Health Check?

It is a free check to see if you may be at risk of:

- Heart disease
- Stroke
- Diabetes
- Kidney problems

It helps you understand your health and what you can do to stay well.

Who is it for?

You can have a health check if you:

- Are aged **40 to 74**
- Do not already have heart disease, stroke, diabetes, or kidney disease

You will be invited every **5 years**.

What happens at the check?

The check is simple and quick. A healthcare worker will:

- Ask questions about your health
- Check your blood pressure
- Take a small blood test
- Measure your height and weight
- Ask about smoking, alcohol and exercise

What happens after?

You will get your results explained in a clear way.

They will tell you your risk of getting heart or blood vessel problems in the future. You will also get advice to help you stay healthy.

How can it help you?

An NHS Health Check can help you:

- Spot problems early
- Get support to stay healthy
- Make small changes that improve your health

Support to Stay Healthy

If needed, you may be offered help such as:

- Support to stop smoking
- Help to lose weight
- Advice on food and exercise

You may also be referred to services like:

- **Social prescribing**
- **Local activity groups**
- **Health and Happiness Hubs**

How to book

If you are invited, please book your appointment.

If you think you should have a check but have not been invited, **contact your GP surgery.**

Finally

An NHS Health Check is a simple way to look after your health.

Small changes can make a big difference.