

Get a **FREE** local NHS Health Check

**NHS
HEALTH
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

NHS

If you're aged 40-74, even though you might be feeling great, you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A FREE NHS Healthcheck can help you reduce these risks and make sure you stay healthy.

**Contact your GP
Practice to book**



National exclusion criteria will apply.

For more information on our services scan the QR code or call **0333 005 0092**



everyonehealth
because everyone matters

**Fitter
Futures**
Warwickshire

Funded by Warwickshire County Council

Questions you may have?



Why do I need this check? I feel fine!

The NHS Health Check helps to identify potential risks early. By having this check and following the advice of your health professional, you improve your chances of living a healthier life.

But don't these conditions run in the family?

If you have a history of heart disease, stroke, type 2 diabetes or kidney disease in your family then you may be more at risk. Taking action now can help you to prevent the onset of these conditions.

I know what I'm doing wrong...

How can a health professional help me?

If you would like help, we will work with you to find ways for you to eat healthily, reach your healthy weight, be more active, cut down your drinking or stop smoking.

If I am assessed as being at 'low risk', does this mean I won't develop these conditions?

It is impossible to say that someone will or won't go on to develop one of these conditions. But taking action now can help you lower your potential risk.

Will everyone have this check?

This check is part of a national scheme to help prevent the onset of these health problems. Everyone between the ages of 40 and 74 who has not been diagnosed with the conditions mentioned will be invited for a check once every five years. If you are outside the age range and concerned about your health, you should contact your GP.

Who is eligible for a health check?

You can have an NHS Health Check if you're aged 40 to 74 and you have not had a stroke, diabetes, kidney disease, or heart condition including diagnosed high blood pressure or high cholesterol.

Even if you're feeling well, it's worth having your NHS Health Check now. We can then work with you to lower your chances of developing these health problems in the future.

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In partnership
with

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