



Public Health  
England

**NHS**



# A free NHS Health Check to help keep you well

All about your free NHS Health Check.

EasyRead version



## This leaflet tells you about the free NHS Health Check.



A free NHS Health Check will help you know more about your health and how to keep fit and well.



It could stop you getting heart disease, diabetes or kidney disease or having a stroke.



This leaflet is an easy read version of a longer leaflet about NHS Health Checks.



You may like to have someone to support you when you look at this leaflet.

## Who should have a health check?



If you are between 40 and 74 you will be asked to come for a health check.



Other people can ask for a health check if they are worried about their health.



If you already have heart or kidney disease or diabetes or have had a stroke then you will not be asked to come for a health check.



Health checks happen every 5 years.



## Why do I need a health check?

Anyone can get heart disease or diabetes or kidney disease or have a stroke.



As you get older you are more at risk of getting these illnesses.



There are some things that can make you more likely to get these illnesses. These are:

- being fat



- not keeping fit



- not eating a good diet



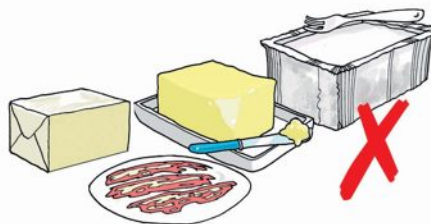
- smoking



- drinking too much alcohol



- having high blood pressure



- having too much fat in your blood, called high cholesterol.



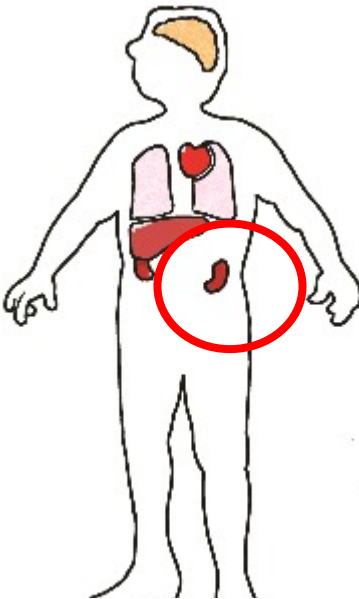


You can have these things if you are a man or a woman and they may cause:

- a stroke



- a heart attack



- kidney disease

- diabetes



- certain types of dementia.



Having a health check can help stop you getting these illnesses and keep you fit and well.



Even if you feel fit and well it is a good idea to have a health check. We can catch some illnesses early on before you know you have them.



Some illnesses run in families. It is a good idea to have a health check as you may be more at risk of getting some things.



## What happens at a health check?

The health check takes 20 to 30 minutes.



We will ask you some questions about your health and illnesses you have had.



We will check how tall you are, how heavy you are and some other questions about you.



We will take your blood pressure.



We will take some blood to check your cholesterol.





## What happens after the health check?

After the health check we will tell you what we found out.

We will talk to you about your risk of getting any illnesses.



We will talk to you about how you can keep fit and well. And how we can help you keep fit and well.



You may have to come back another day for this.

If we found you have high blood pressure we will check your kidneys are ok by taking some blood.



We may have to take some blood to check for diabetes.



We may give you medicine to stay fit and well. But this is something your nurse or doctor can discuss with you.



If you smoke we can help you try and stop.



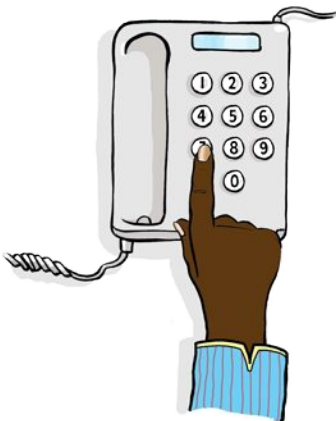
## How do I get more copies of this leaflet?

If you want more copies of this leaflet ask for leaflet number 2900890:



- on our website [www.orderline.dh.gov.uk](http://www.orderline.dh.gov.uk)

Or



- telephone **0300 123 1002**

We are open 8am to 6pm, Monday to Friday



If you want a copy of the longer leaflet ask for leaflet number 2900902.

**Leaflet code 2900890**

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