



NHS



Get your **FREE NHS Health Check** Keeping you healthier for longer

It's never been easier to get checked. If you're between 40-74 search 'One You Plymouth' or call 01752 437177 today.

**NHS
HEALTH
CHECK**

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

**ONE YOU
PLYMOUTH**

Working together to improve your health

The good news about your health is that there is lots you can do to keep healthy and help you feel well. Book your free NHS Health Check today and find your next steps to maintaining and improving your health.

Why do I need an NHS Health Check?

We know that there are things you can do to reduce your risk of developing heart disease, stroke, type 2 diabetes, kidney disease and dementia. These are:

- Being a healthy weight
- Being more active
- Eating healthily
- Not smoking or drinking too much alcohol
- Knowing your blood pressure and cholesterol.

“I’m so glad I had the health check. Before the check, I was happily going along not thinking I had any health issues while my blood pressure was slowly creeping up. Even if you feel fit and healthy, I would highly recommend having a health check.”



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.

What happens at the check?

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

The health check will only take 30 to 40 minutes.

One of our friendly and experienced health improvement practitioners will talk to you about your health check and answer any questions you may have.

After this we will:

- Talk about your family history, health and life
- Record your height, weight, blood pressure, pulse rate, ethnicity and waist measurement
- Carry out a simple finger prick test, which means collecting a small drop of blood to tell you your cholesterol level
- Tell you how healthy your heart is and give you your estimated heart age.
- Talk about your results and how you can improve your heart health and keep up with living a more healthy life.
- Look at your results together with you and find those things about your life that you want to change

You will get:

- A copy of your results
- Advice on where you can find more support

We will also pass your results to your GP for you, and we might ask you to contact them for further tests.

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.

You can find more information at: www.nhs.uk/nhshealthcheck