**After your health check**

The nurse might ask you to come and see her again or arrange for you to see other people about your health.

Remember to ask for support with your health if you need it. Your doctor or the Community Learning Disability Nurses can help you with this.

The nurse will give you a Health Checks Result leaflet. This is information from your health check that you can take home.

If there are no worries about your health you will have another health check in one years time.

This leaflet has been designed by Peterborough City Council working in partnership with Cambridgeshire Clinical Commissioning Group.

# NHS

## Having a Health Check

**If you have a learning disability and are aged over 14 years you can have a free health check each year.**

**This is so you can stay as healthy as possible.**

**This leaflet tells you about having a health check.**

Someone from your doctors surgery will contact you to make a health check appointment.

You will be sent a questionnaire, please answer the questions and bring this with you to your health check.

You will be told if you need to take anything else with you to your health check.

The nurse or doctor at your surgery will give you the health check.

The health check can take about 40 minutes.

You might need to have some tests, like blood pressure or a wee test. This might be done by the nurse.

Then you will see the doctor. The doctor will examine you and will ask you some questions about your health.

**Before your health check**

Ask someone to go with you to your health check if you need help.

Let the surgery know if you have any special needs that will make it easier for you to have your health check

**At your health check**

If you have a health action plan, remember to show your plan to the nurse or doctor.

**The nurse will ask you about:**

Medication.

Smoking and alcohol.

Healthy eating and exercise.

Looking after your teeth and going to the dentist.

Having your eyes tested at the opticians.

Your heart.

How you breathe.

If you have had any other tests or may need other tests (like a breast or bowel check).