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**NHS Health Check Invitation**

NHS Health Checks is a national health programme which is offered to people aged between 40 and 74 once every five years. If there are any areas of concern highlighted, we can support you in making changes. By taking early action, research shows you can improve your health and help prevent heart disease, stroke, kidney disease or type 2 diabetes.

You will need a non-fasting blood test initially, followed up on another day by a Health Check. The Health Check should take less than 30 minutes and is based on straightforward questions and measurements such as age, sex, family history, height, weight, and blood pressure.

To book your blood test, please use the self-book link on your text, contact Reception on 01489 785 722 to book a Health Check Only Blood Test Appointment, or contact University Hospital Southampton on 02381 204 877 or via patientbooking.uhs.nhs.uk (you will need a blood test form, contact reception to get this arranged). Following your blood test, the practice will contact you to book your follow up NHS Health Check.

Hedge End Medical Centre

**If you wish to decline your invitation you can ring us, otherwise tear off this slip and send it to us.**

I have received my NHS Health Check invitation. I do not want a Health Check now. I understand that if I decline the Health Check now, I may get another invitation next year.

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| Full name: | |
| Date of birth: | Today’s date: |