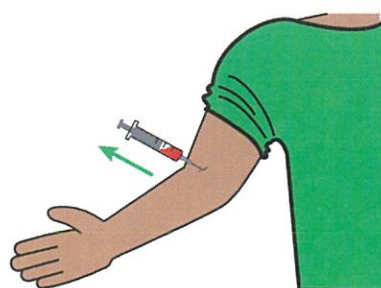
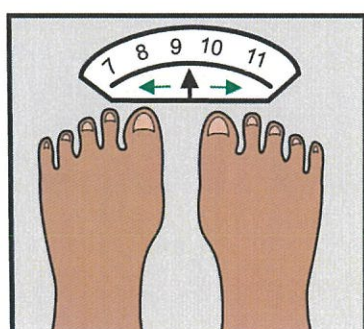
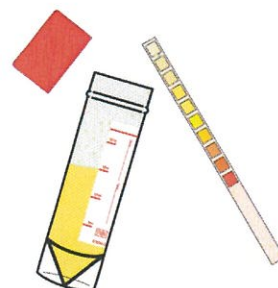
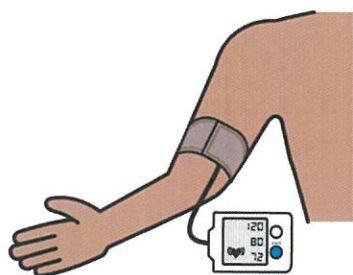
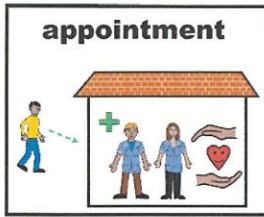


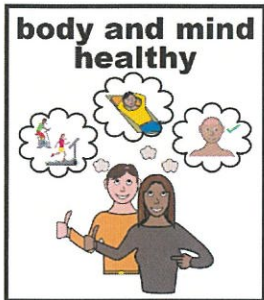
YOUR ENHANCED HEALTH CHECK

WHAT YOU NEED TO KNOW

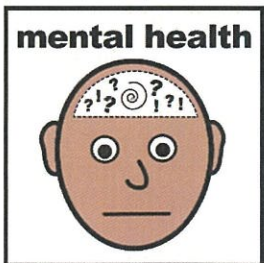




✓ An enhanced health check can help us know more about your health and how to keep you fit and well.

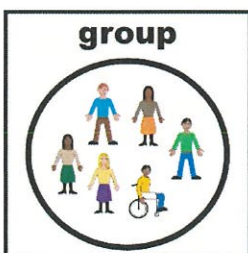


✓ We want to help stop you getting heart disease, diabetes or kidney disease or having a stroke.



✓ We also want to make sure you have good mental health.

WHO SHOULD HAVE AN ENHANCED HEALTH CHECK?



If you are aged between 40 and 74 years old, you may be invited for an Enhanced Health Check.

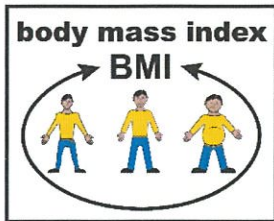


This is because we think you need some extra help to be well and healthy.

WHAT WILL HAPPEN AT MY ENHANCED HEALTH CHECK?



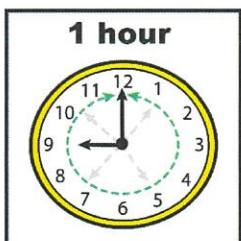
We will ask you some questions about how you are feeling and your everyday life to find out if anything is making you poorly or worried.



We will check how tall you are and how heavy you are.



We will take your blood pressure and take some blood from your arm. We may also offer you vaccinations where needed as well.



Your enhanced health check will take about 1 hour.

WHAT HAPPENS AFTER MY ENHANCED HEALTH CHECK?



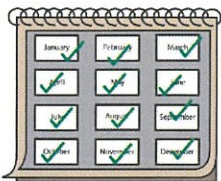
You may be referred to someone who we call a social prescribing link worker.



They might be able to help you with money or housing problems – or even help you make new friends.

HOW OFTEN WILL I HAVE TO HAVE AN ENHANCED HEALTH CHECK?

5 years



It depends on your age and how you are but this could be every 5 years.

MORE INFORMATION



Find information and advice on health conditions, symptoms, healthy living, medicines and how to get help on the NHS website.

www.nhs.uk



NHS 111 can help you get the right advice and treatment you might need 24 hours a day, 7 days a week.

Ring 111 FREE or go online at 111.nhs.uk