

Lancashire & South Cumbria ICB – Enhanced Health Check Programme

Patient FAQs

WHAT IS AN ENHANCED HEALTH CHECK?

We recognise that things in your day to day life can affect your health so an Enhanced Health Check gives us the opportunity to have a chat to understand if that is the case with you and if we can do anything to help.

We will ask you some questions about your current circumstances and lifestyle. We will also measure your height and check your weight, take your blood pressure and do a blood test. It shouldn't take longer than an hour although it may have to be completed in 2 parts on different days.

WHY HAVE I BEEN INVITED FOR AN ENHANCED HEALTH CHECK?

Across Lancashire and South Cumbria though there are some residents who qualify for the standard NHS Health Check (those aged 40 - 74 with no known health conditions), and who we believe would benefit from further support, which is why they are being offered an Enhanced Health Check.

To begin with we're focusing on people aged between 40 - 74 with mental health issues or those who live in an area where a lot of people are socially vulnerable (for example those who live in poverty, have lack of access to transportation, or live in crowded housing). GP practices may choose to invite others though who they also think would benefit.

WHO WILL BE DOING THE ENHANCED HEALTH CHECK?

Groups of GP practices who work together in their areas – known as Primary Care Networks or PCNs – have been given extra money to help them to increase their staffing numbers to do this. Each PCN may work differently but this could mean they work together to use what staff and resources they have, employ more staff such as health care assistants or pay their existing staff to work extra hours to deliver the Enhanced Health Check.

WILL APPOINTMENTS JUST BE MONDAY TO FRIDAY 9AM TO 5PM OR WILL THERE BE WEEKEND AND EVENING APPOINTMENTS AVAILABLE?

This will depend on who is providing the health checks locally - your local GP surgery will have more information.

I SEE THAT I FIT ALL OF THE ELIGIBILITY CRITERIA FOR AN ENHANCED HEALTH CHECK APART FROM MY AGE – CAN BE I SEEN ANYWAY?

If you think you have a need for an overall health check, please contact your GP surgery. If you have a specific health or wellbeing concern that you wish to speak to a healthcare professional about, you should contact your GP practice in the usual way to arrange to speak with an appropriate person or team. Alternatively, you can speak to your local pharmacist or contact NHS111 either by telephone or online at <https://111.nhs.uk/> for more advice.

If you are not registered with a GP practice we would recommend you register with one. Anyone in England can register for free. You do not need proof of address or immigration status, ID or an NHS number. If you need help registering or filling in forms, call the GP surgery and let them know. You can find more information about registering with a GP surgery on the NHS website.

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

If you still meet the eligibility for an Enhanced Health Check, this is likely to be every five years.