NHS

Stroke

Heart disease

Diabetes

Kidney disease

Free NHS Health Check

to help you avoid heart disease, stroke, diabetes and kidney disease

Easy read

Free NHS Health Check

Helping you prevent heart disease, stroke, diabetes and kidney disease.

This is an Easy read version of a booklet called **Free NHS Health Check**.

When we say **we** in this booklet we mean the **National Health Service** or **NHS** for short.

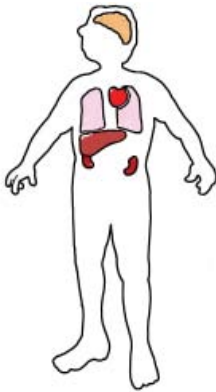This booklet tells you: Page

You may like to have someone to support you when you look at this booklet.

What is an NHS Health Check?

If you are aged between 40 and 74 years old, you may have been offered a free NHS Health Check.

Your free NHS Health Check will:

- find out if you are at risk from some health problems

- tell you how to look after your health

- help you change things in your life to make your health better in the future.

Why should you have an NHS Health Check?

As we get older there is more chance that we will have problems with our health. Some of the most common problems are:

- In the **brain** a blood vessel can get blocked or bleed. This could cause a **stroke**. A blood vessel is a tube that carries blood round your body.

- In the **heart** a blood vessel can get blocked. This could cause a **heart attack** or **angina**. Angina is a pain in your chest if your heart is not getting enough oxygen.
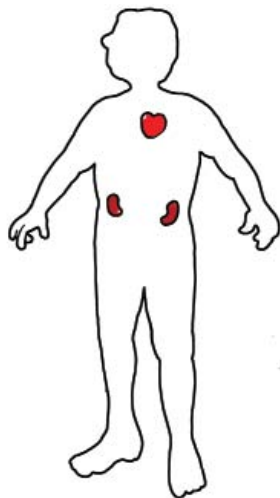
- The **kidneys** can be damaged by **high blood pressure** or **diabetes**. This could cause **kidney problems** and give you more chance of having a **heart attack**.

- Being overweight or not getting enough exercise can lead to **type 2 diabetes**. Type 2 diabetes is the most common sort of diabetes.
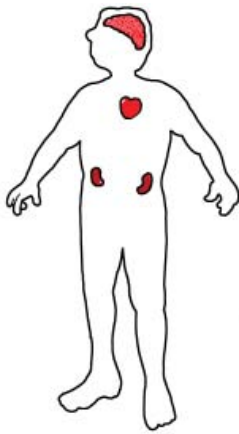
- Diabetes is when you have too much sugar in your blood. **Diabetes** can make you feel tired and thirsty and can cause other health problems in the future.

Having one problem could mean you are more likely to get other problems in the future.

Some things put you at even more risk of having health problems:

- being overweight

- not getting enough exercise

- smoking

- high blood pressure

- high cholesterol. Cholesterol is a type of fat in your body. You need some cholesterol, but too much is bad for you.

A free NHS Health Check will tell you how to give yourself the best chance of avoiding these problems.

What happens at the Health Check?

The doctor or nurse will check to see how likely you are to get heart disease, type 2 diabetes, kidney disease or stroke.
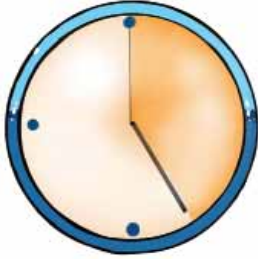
The check will take about 20 to 30 minutes. The doctor or nurse will:

- ask you some simple questions about things like your family history and any medicines you take already

- measure your height and weight

- make a note of your age, sex and ethnicity

- take your blood pressure

- do a simple blood test to check your cholesterol.

What happens after the Health check?

The doctor or nurse will talk to you about what you can do to help you to stay healthy.

- The doctor or nurse will tell you your results and explain what the results mean. They may give you the results at the end of the check, or on another day.

- The doctor or nurse will give you advice on how to lower your risk and how to live a healthy life.

- If you have high blood pressure you may need a blood test to check your kidneys.

- Some people may also need to have another blood test to check for **type 2 diabetes**.

- The doctor or nurse may suggest you have some treatment or take some medicine to help you keep healthy.

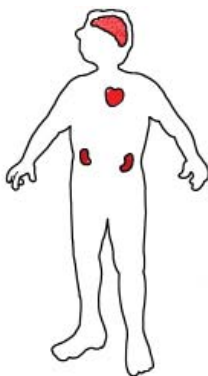# Some answers to other questions you may have

I feel fine! Why do I need an NHS Health Check?

The NHS Health Check helps to find out about possible problems early.

If you find out about possible problems early, it is easier to stay healthy.

Do some health problems run in families?

If you have a history of heart problems, stroke, type 2 diabetes or kidney problems in your family, you may be more at risk.

If you do something now, it could help stop you having problems later.

I know what I'm doing wrong, how can the doctor help me?

If you would like help with your weight, doing more exercise or to stop smoking, we will help you.

We may also give you medicines to help you.

If the check shows I am at 'low risk', does this mean I won't get these health problems?

We cannot say that you will or will not go on to develop one of these problems. But doing something now can help you lower the risk.

Will everyone have the NHS Health Check?

The NHS Health Check is part of some new NHS plans to help you to look after your health and to stay well.

We will ask everyone between the ages of 40 and 74 who does not have one of the 4 problems already, to come back for a check every 5 years.

If you are worried about your health, you should speak to your doctor.

Even if you are feeling well, it is worth having your NHS Health Check now. We can then work with you to improve your chances of avoiding these health problems in the future.

To find out more:

Visit **www.nhs.uk/nhshealthcheck**

Or call the NHS Health Check helpline on **0845 850 9850**.

Calls cost no more than 5p a minute from a BT home phone.

If you use a mobile phone or a company phone that is not BT, your call may cost more.

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