

Get Your Check

The yearly health check for people who have a learning disability.



Easy
read





You can have a free health check if you are over 14 years old.

You need to be on the learning disability register at your doctors.



A health check with your doctor will help you stay healthy.



It will make sure serious ill-health like cancer is found early so you get the right treatment.



Someone from your surgery will contact you and ask you to make an appointment .



You can also ask for a health check if you have not had one.



Your doctor's will tell you if you need to take anything with you like your medicines.



Your health check will take about 20 minutes.



You can have someone go with you who you like and trust. For example, your support worker.



Your nurse will do some tests, like blood pressure or a wee test.



You may see the doctor who will ask you some questions about your health.



Make sure you take your own health record with you to show the doctor.



Make sure you let your doctor's surgery know if you need extra help or time.



You might need a quiet space to wait, or an appointment at the end of the day.



You can ask your nurse or doctor to explain anything.



After your health check your doctor will let you know if you need to see anyone else.



You should get a plan after your health check telling you what happens next.

This page is for you to write down who your doctor is, where they see you (The Surgery) and the last time you had your health check.



Name of my doctor



Address of my doctor's surgery



Telephone number of my doctor's surgery



Date of my last health check



Things to tell my doctor (such as changes in your health or anything you want to talk about)

Find out more



You should go to the doctor if you are unwell or worried about your health.

Don't wait until your health check.

Have a look at our website under 'Health Advocacy' that has lots of easy read information about keeping well.



www.lsup.org.uk



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'Get Your Check' Project



In Partnership with

