

# Health Checks and You

The once a year health check for people who have a learning disability



Health checks for people 40-74 years old every five years



Easy  
read



**NHS**  
South East London  
Clinical Commissioning Group



# Keeping Healthy and Well



The National Health Service (NHS) will ask you to go and see them to check you are well.

This is called a Health Check.

Health Checks look at our general health.

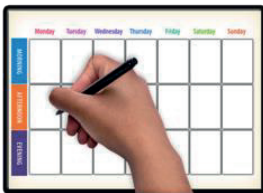


This means how our bodies are working, how we feel, and changes we can make to be healthier.



Health Screening tests are different. It is important not to get these mixed up.

See our leaflet 'Health Screening and You' to find out more about different types of screening tests.



Whilst Health Checks and Health Screening are different, both are VERY important.

# Types of Health Checks



There are two Health Checks you should know about.

## The First is The Annual Health Check for People with a Learning Disability.



This is once a year for people who have a learning disability 14 years and older.



To get one you must be on your doctor's 'Learning Disability' Register.

If you are unsure if you are on the Register you can call them and ask.



The annual health check is usually with a nurse and lasts about 20 minutes.



If you need to see the doctor they will let you know.



There is information on our website about the Health Check for People with a Learning Disability [www.lsup.org.uk](http://www.lsup.org.uk)

## **The Second is the Health Check for Anyone 40 Years and Older.**



This check is for anyone aged between 40 and 74 years of age.

If you have a learning disability you can also have your national health check for people over 40 years.



The NHS Health Check is sometimes called a 'Well Man' or 'Well Woman' check.

You should have this check once every five years.



You will usually see the nurse for your health check.

It will last about 20 minutes.



You will then receive advice to keep active and well and lower your chance of getting ill.

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](http://www.lsup.org.uk)



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'Get Your Check' Project



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