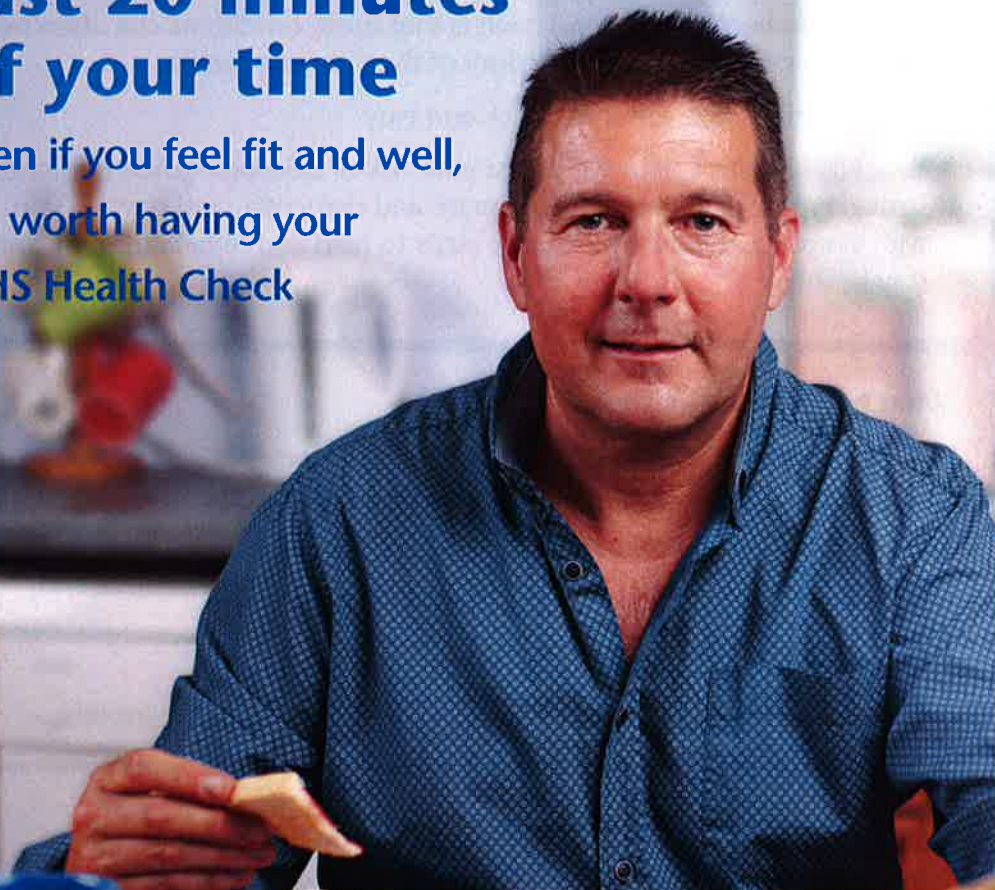


# Just 20 minutes of your time

even if you feel fit and well,  
it's worth having your  
NHS Health Check



## Free NHS Health Check for 40-74 year olds

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

Eligible patients will receive an invitation from their GP on their 40, 45, 50, 55, 60, 65, 70 and 74 birthday. If you are outside the age range and concerned about your health you should contact your GP.

**NHS  
HEALTH  
CHECK**

Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia

**NHS**

**Wiltshire Council**  
Where everybody matters

Everyone is at risk of developing heart disease, stroke, diabetes kidney disease or dementia. The good news is that these conditions can often be prevented - even if you have a history of them in your family.

- NHS Health Checks are free, quick and easy.
- Your NHS Health Check will assess your risk of developing heart disease, stroke, type 2 diabetes, kidney disease and dementia, and provide you with simple, practical and realistic steps to help you reduce that risk and stay healthy.

### What happens at the check?

- The check will take about 20 minutes.
- You'll be asked some simple questions. For example, about your family history and any medication you are currently taking.
- We'll record your height, weight, age, sex and ethnicity.
- We'll take your blood pressure.
- We'll do a simple blood test to check your cholesterol level.

### What happens after the check?

We'll discuss how we can support you to reduce your risk and stay healthy.

- You'll be taken through your results and told what they mean. Some people may be asked to return at a later date for their results.
- You'll be given personalised advice on how to lower your risk and maintain a healthy lifestyle.
- Some people with raised blood pressure will have their kidneys checked through a blood test.
- Some people may need to have another blood test to check for type 2 diabetes. Your health professional will be able to tell you more.
- Treatment or medication may be recommended or you may be advised about other services to help you maintain your health.

[www.wiltshire.gov.uk/nhshealthcheck](http://www.wiltshire.gov.uk/nhshealthcheck)