



At the end of the health check they might ask you to come and see them again or arrange for you to see other people about your health.

Information from your health check should be added to your health action plan.

If you do not have a health action plan this will help you to start one.

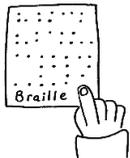


If there are no worries about your health you will have another health check in one years time.

Having your Annual Health Check



This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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This leaflet tells you about having an annual health check



The nurse or doctor at your GP surgery will give you the health check.



You will be asked lots of questions about your health and your family's health. Your carer and staff can help you to answer the questions.



The health check can take about 40 minutes.



You will be asked you how you feel and take your blood pressure.



They will look in your ears



You will be weighed and they will measure your height

They will ask you about:



Medication



Smoking and alcohol



Healthy eating and exercise



Looking after your teeth and going to the dentist.



Having your eyes tested at the opticians.

They will write down the things you tell them about your health.

