



Health Check



Your health team will invite you to go to a health check.



They will send you a letter.



The letter will tell you the appointment time.



Your health check will be at your GP practice.



It is ok to bring a friend or carer to your health check.



When you arrive at your GP practice, tell the receptionist.



You will be asked to sit in the waiting room.

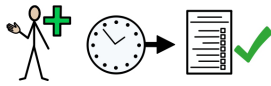
Health Check



A nurse will call your name and show you to the room.



The nurse will do your health check.



The nurse will check your:



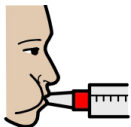
ears



blood pressure



pulse



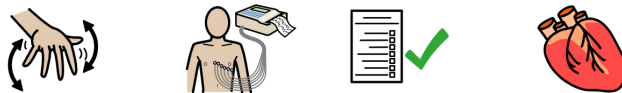
breathing



urine



weight

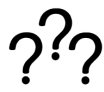


You may have an ECG to check your heart.



You may have a blood test.

Health Check



The nurse will ask you questions.



Do you smoke?



Do you exercise?



What sorts of food do you eat?



The nurse will help you write a health action plan.