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Don't forget to attend your **FREE NHS** Health Check

Even if you're feeling well,
it's worth having your
NHS Health Check - we
can then work with you
to keep you healthy.

**NHS
HEALTH
CHECK**

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

In partnership with
YOUR
COMMERCIAL
PROVIDER
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LOCAL
AUTHORITY
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**Over (insert figure here) people
in (insert area here) benefit from
a free NHS Health Check each year.**

- If you are between 40 and 74, you'll be offered a free NHS Health Check once every five years
- The check could help you reduce your risk of developing heart disease, stroke, diabetes, kidney disease and certain types of dementia
- These conditions can often be prevented, even if you have a family history of them
- It only takes 20-30 minutes and involves a few questions and measurements, including a simple blood test to check your cholesterol
- After the check you will receive free personalised advice to help you stay healthy

Your NHS Health Check appointment:

Name:

.....

Date:

Time:

With:

.....



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