

Aged 40-74? Find out about our **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

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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 will assess your risk of some of the biggest causes of early death in England such as heart attack and stroke
- 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

For more information visit:
[yourlocalNHSURLhere](#)
Telephone: 0000 000 0000



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