



For more information visit:  
[yourlocalNHSURLhere](#)

# 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  
LOGO HERE

YOUR  
LOCAL  
AUTHORITY  
LOGO HERE



**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: .....

.....



For more information visit:  
[yourlocalNHSURLhere](#)

## 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  
LOGO HERE

YOUR  
LOCAL  
AUTHORITY  
LOGO HERE



**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: .....

.....



For more information visit:  
[yourlocalNHSURLhere](#)



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



**NHS  
HEALTH  
CHECK**

- Helping you prevent
- diabetes
- heart disease
- kidney disease
- stroke & dementia

*In partnership with*

YOUR  
COMMERCIAL  
PROVIDER  
LOGO HERE

YOUR  
LOCAL  
AUTHORITY  
LOGO HERE



**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: .....

.....