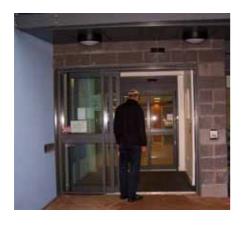
What happens at your health check



 You will be sent a letter inviting you for a health check



- Your health check will be at your gp practice.
- You can take someone with you



• Go to the reception when you arrive at your gp practice



 You will be asked to sit in the waiting room



 You will be called in for your health



 The health check will take about 30 minutes



The nurse or doctor will check:

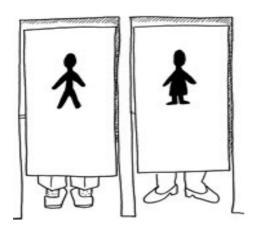
Your blood pressure



Your weight



Your height



Your urine



 That you are taking the right medication



Your ears are healthy



Your eyes are healthy

The nurse or doctor will also ask:



About your seizures if you have epilepsy



If you get constipated



- Women if they want a breast examination?
- You can make another appointment



- Men if they want a testicular examination?
- You can make another appointment



How much alcohol you drink



 If you have a sexual relationship



 How many cigarettes you smoke



How active you are



If you eat healthy food



- Your feelings and
- emotions



Your feet and how well you walk



 Write the actions you need to take to stay healthy in your Health Action Plan