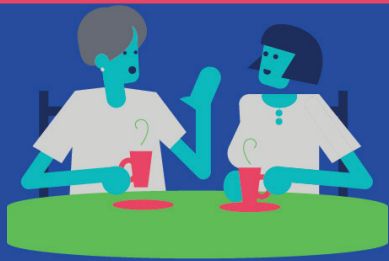


What people said about their NHS Health Check...

"I found my NHS Health Check to be very educational. Previously, I had buried my head in the sand and avoided having my NHS Health Check in fear that I would have high cholesterol. To my surprise, the results were not too bad and I was referred to Slimming World for support with weight loss- I have since lost 2 stone and my BMI is almost within a healthy range."

"I was worried about having my FREE NHS Health Check, as I knew I needed to lose weight, but the practitioner put me at ease, and after my, NHS Health Check booked me onto the OneLife Suffolk 12 week programme. I discovered great motivation there, lost three stone and have never looked back."

"I don't think I would have had my NHS Health Check if the OneLife Suffolk team had not of come into my workplace. The practitioner was very friendly which put me at ease. I now feel motivated to lose some weight and get fit and have already made some changes to achieve this. I would strongly recommend having an NHS Health Check."



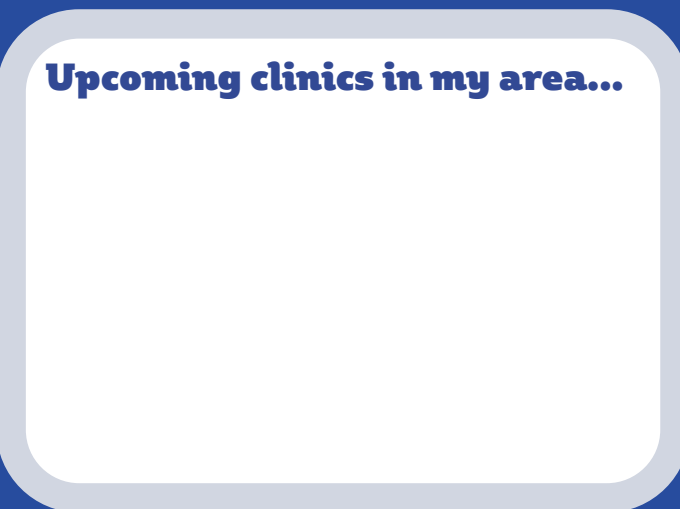
Where can I get an NHS Health Check?

The OneLife Suffolk NHS Health Check team deliver across the county at a number of local community venues and events.

OneLife Suffolk can also deliver NHS Health Checks in workplaces and schools.

Your doctors surgery or local pharmacy may also be able to deliver your NHS Health Check for you.

Upcoming clinics in my area...



To book your NHS Health check or to enquire about any of the services provided by OneLife Suffolk call:

01473 718193

or visit:

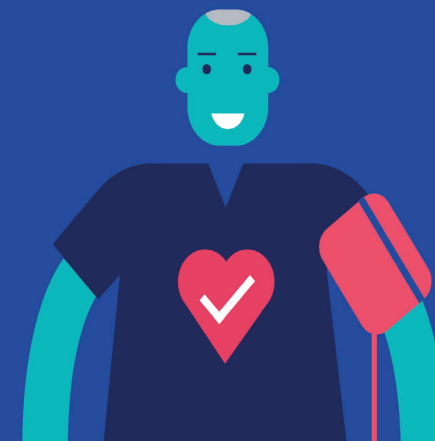
www.onelifesuffolk.co.uk



One Life Suffolk

♥ *health checks* ♥

FREE NHS Health Checks for 40 - 74 year olds



What is an NHS Health Check?

An NHS Health Check is for adults in England aged 40-74. It is designed to spot early signs of a stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher chance of developing one of these conditions. The NHS Health Check finds ways to lower this risk.

If you're over 65 you'll also be told the signs and symptoms of dementia to look out for.

What happens at your NHS Health Check?

The check will take 20-30 minutes and during this time the practitioner will:

- Take some personal details e.g. date of birth
- Take your Pulse and blood pressure
- Measure your height, weight and waist
- Take a finger prick blood sample to analyse your cholesterol and maybe your blood sugar
- Ask some questions about your lifestyle
- Show you your results and suggest changes that could be made to improve them if necessary



When will I get my results?

You will be given all the results of your NHS Health Check at your appointment which will include your risk score. The risk score is an estimate of how likely you are to develop heart disease, kidney disease and diabetes, or have a stroke in the future.

Depending on your score, you will be given personalised advice on how to lower your risk with lifestyle changes.

If relevant, the practitioner can refer you into other OneLife Suffolk services for stop smoking, weight management and physical activity support.

Do I need to prepare for my NHS Health Check?

No, you don't need to do anything before coming for your NHS Health Check. The check is not invasive, and you do not need to fast before you arrive. We have a friendly and professional team of practitioners who will put you at ease throughout the check.



Who is eligible for an NHS Health Check?

- Adults aged 40 - 74 years.
- Anyone that has not had an NHS Health Check in the last 5 years at either their GP practice, pharmacy or with OneLife Suffolk
- A resident of Suffolk, Essex and Cambridgeshire

Some people are excluded from the NHS Health Check, and this includes anyone with a current diagnosis or on medication for:

- Heart Disease
- Atrial Fibrillation
- Diabetes type 1 or 2
- Kidney disease
- Stroke or mini-stroke
- Dementia
- High blood pressure
- High cholesterol

Why is the NHS Health Check only for people aged 40-74?

People under the age of 40 are not included in the NHS Health Check programme because younger people have a lower risk of the health conditions tested for during the check. If you are 75 and over, you can ask for a check-up from your GP if you have not had one in the last year. You may still be eligible for OneLife Suffolk's other services.

