



OneLife Suffolk NHS Health Checks



Service Description:

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



Eligibility Criteria:

To be entitled to a free NHS Health check, clients must:

- Live in Suffolk
- Be aged between 40 – 74 years
- Have no current diagnoses of or be taking medication for any of the following; Heart disease, High blood pressure, Atrial fibrillation, High cholesterol, Diabetes, Strokes or mini Strokes, Kidney disease or Dementia.
- Not have had a full, 30-minute NHS health check in the last 5 years, where written results were provided.

Test results:

Once patients have had their NHS Health Check, their OneLife Suffolk Practitioner will discuss the results with them. They will be given advice to help them lower their risk of a stroke, kidney disease, heart disease, diabetes or dementia, and maintain or improve their health.

If necessary, a referral to the GP to investigate any specific results or onward support.

How to refer:

You or your patient can visit:

www.onelifesuffolk.co.uk

or call: **01473 718193**



Scan QR code to learn more

Referrals to OneLife Suffolk (OLS) Client Services Team (CST) via: <https://onelifesuffolk.co.uk/services/nhs-health-checks/> 01473 718193 Or OneLife Suffolk prescription pad.

Assessment triage completed by OneLife Suffolk's Client Services Team

We record on our Health Diagnostics system how the client heard of our service eg GP, OLS, Marketing etc. If a client is referred by their GP, we will inform the GP of the results.

Access Criteria met

No

If ineligible due to age (<40years can go on waiting list until reach 40)
If ineligible for any other reason can offer lifestyle advice

Yes

Book client into a pre arranged, local clinic

If no date or venue is suitable CST contacts the Health Checks (HC) Team and the client is either accommodated by rearranging date/venue/ creation of new booking or added to the waiting list until a more suitable date or venue is arranged. clients on the waiting list are contacted.

The Practitioner contacts the client to confirm the HC appointment via text or call, the booking is likely to be within a couple of weeks from the original contact with CST

The client will attend the face-to-face NHS health check when full results will be given along with lifestyle advice, if necessary a referral to the GP to investigate any specific results or onward referral to OLS services

Inter-service referrals are generated via and recorded on our Health Diagnostics system as well as our Health Checks Tracker spreadsheet

End of client journey with health checks

Key:
 OLS = OneLife Suffolk
 CST = Client Services Team
 AWM = Adult Weight Management
 GHSTA = Get Help to Get Active
 PA = Physical Activity
 MCG = My Client Genius