Health Check

Your health team will invite you to go to a health check. They will send you a letter. The letter will tell you the appointment time.

You are an informal or voluntary patient. You are not kept under the Mental Health Act.

It is ok to bring a friend or carer to your health check.

When you arrive at your GP practice, tell the receptionist. You will be asked to sit in the waiting room.

A nurse will call your name and show you to the room. The nurse will do your health check.
The nurse will check your:

- ears
- blood pressure
- pulse
- breathing
- urine
- weight

You may have an ECG to check your heart. You may have a blood test.

The nurse will ask you questions.

Do you smoke?

Do you exercise?

What sorts of food do you eat?

The nurse will help you write a health action plan.