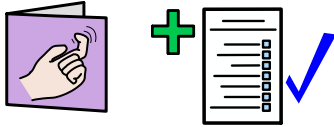




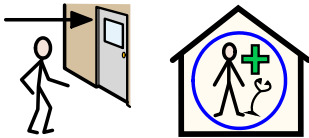
# Health Check



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.

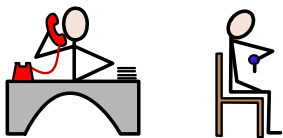


You are an informal or voluntary patient.

You are not kept under the Mental Health Act.

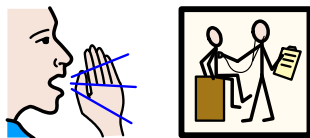


It is ok to bring a friend or carer to your health check.



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



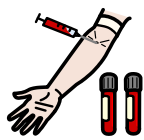
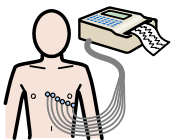
breathing



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.