



Aged 40-74



Feel great



Heart disease



Diabetes



**NHS  
HEALTH  
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia



Your FREE health check could help you stay healthy and enjoy life for longer.  
[www.hants.gov.uk/healthcheck](http://www.hants.gov.uk/healthcheck)



Hampshire  
County Council

# Health checks are free, quick and easy

Everyone is at risk of developing diabetes, heart disease, kidney disease, stroke or dementia – a health check can help you prevent these conditions.

## What happens at the check?

- The check will take about 20 minutes.
- You'll be asked some simple questions. For example, about illnesses that run in your family and any medication you are currently taking.
- We'll record your height, weight, age, sex and ethnicity.
- We'll take your blood pressure.
- We may do a simple blood test to check your cholesterol level.
- We'll ask a few simple lifestyle questions.
- If you're over 65, we will discuss how to recognise the signs and symptoms of dementia.

## What happens after the check?

- You'll receive a personalised booklet to help you understand your results.
- You'll be given personal advice on how to maintain a healthy lifestyle, lower your risk and feel healthier.
- Treatment or medication may be recommended or you may be advised about other services to help you maintain your health.
- You may be asked to return at a later date for further tests – your health professional will tell you more.

A leaflet is available in Braille, audio, easy read and different languages. If you would like a copy in one of these formats, please email: [hcc.hampshirehealthchecks@nhs.net](mailto:hcc.hampshirehealthchecks@nhs.net)

To find out more visit [www.hants.gov.uk/healthcheck](http://www.hants.gov.uk/healthcheck) or contact your GP.