

Free NHS Health Checks

You are invited to have a Free NHS Health Check with a Health care professional at The Bloomsbury Clinic, Steyning Wednesday 3rd to Saturday 6th December 2014

The NHS Health Check provided by ToHealth is the same as the NHS Health Check that is provided by GPs and Pharmacists. The NHS Health Check Programme is a national service which assesses a person's risk of developing heart attack, stroke, diabetes and kidney disease. Currently these conditions affect the lives of 4 million people in England and are responsible for a fifth of all hospital admissions. The check provides advice and support on how a person may prevent or reduce their risks and live a healthier life.

The NHS health check will last for 20-30 minutes and will include:

- Simple questions about your family history and any medication you are currently taking.
- Your height, weight, ethnicity, gender and age being recorded.
- A simple finger prick test to check your **cholesterol** levels or **blood glucose** (if required). Results given there and then.
- Your **blood pressure** being taken.
- Cardiovascular risk analysis with free advice and support on maintaining good health and on lifestyle changes that will help improve your health.

You are eligible for the Health Check if:

You are between 40 – 74 years old (inclusive)

- You are a resident or your GP is resides in West Sussex.
- You have not had a full NHS Health Check within the last 5 years.
- You have not been diagnosed or taking medication for:
 - Heart Disease or Heart Failure
 - Stroke or TIA (Mini Stroke)
 - High Blood Pressure
 - High Cholesterol
 - Kidney Disease
 - Heart Attack
 - Peripheral Vascular Disease
 - Diabetes

To book an appointment please call 01243 624 023 or check out our website www.nhshealthcheck.com/westsussex for other convenient days and locations.