

Stroke

Your Health
Check Results

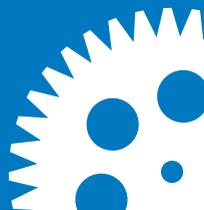
Heart disease

Diabetes

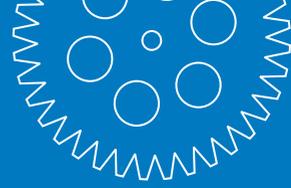
Kidney disease

Free NHS Health Check

Helping you prevent heart disease, stroke,
diabetes and kidney disease.



Some of your results are colour coded:



-  **Green** = **Well done** Keep up the good work
-  **Orange** = **Be careful** Let's look at how you can help yourself
-  **Red** = **ACT NOW** Let's look at how you can make some changes

				My reading
Cholesterol				
Blood Pressure				
Activity (30 mins/day)	More than 5 times a week	1-4 days a week	Seldom or never	
Fruit and Veg	5 a day	1-4 a day	Seldom or never	
Smoking	No	Passive	Smoker	
BMI	25 or less	25-29	30 or more	
Alcohol Male Female	Below 3-4 units daily 2-3 units daily	Over 3-4 units daily 2-3 units daily	Above 8 units daily 6 units daily	
Cardiovascular Risk (%)*	10% or less	Between 10-19%	20% or above	

* this means your % risk of developing CVD eg heart disease, stroke, diabetes or kidney problems over the next 10 years.

**Thank you for having your health check today.
I hope you have found it beneficial.**

What small things can I start to change today?

What do I want to work on over the next month or so?

What's my goal?

**On a scale of 0-10 how confident do you feel
that you can achieve this goal?**

1 = not confident, 10 = very confident

What could stop me?

Who can help / support me?

How can I reward myself when I achieve my goal?

Useful contacts

Do you want to improve your health?

Lose weight and maintain a healthy diet?

Reduce your alcohol intake?

Stop smoking?

Get more physically active?

Contact Phil for support and advice on local services on **01209 215666**, text on **07800 006472** or email phil@cornwall.nhs.uk



British Heart Foundation
www.bhf.org.uk

drinkaware.co.uk
for the facts

Website with tips and tools to help you understand the risk of alcohol.

For more information visit www.nhs.uk/nhshealthcheck or call the NHS Health Check helpline on **0845 850 9850**

Calls cost a maximum of 5p per minute from a BT landline. Mobiles and other networks may vary. You may be charged a minimum cost per call.



CornwallWorks
Work and Skills for Cornwall

All of Cornwall's back to work support in one place.
Please call **01872 355015**

