



Department
of Health &
Social Care

Overview of the NHS Health Check Online

Published July 2025 as part of supporting documentation for the Expression of Interest

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Overview of the product

The NHS Health Check Online – a new mode of delivery

What is the purpose?

Increase the **uptake, flexibility and reach** of the NHS Health Check by offering an **innovative, accessible, inclusive and cost-effective** digital service.

This supports the government's ambition in the **10 Year Health Plan** to shift from analogue to digital, sickness to prevention and hospital to community.

What is the NHS Health Check Online?

The NHSHC-O will be a **single national product**, accessible via the NHS App, offering participants the same assessment as an in-person check through an additional, flexible alternative mode of delivery.

What are the anticipated benefits?

By providing people with the choice to complete their NHS Health Check at a time and place convenient to them, we aim to **engage more people** in the life-saving programme, especially those who are otherwise reluctant or find it difficult to engage in healthcare settings.

The NHSHC-O also has the potential to **bolster local capacity** to deliver NHS Health Checks, **overcome local variability** in delivery and **ease the pressure on the NHS** by identifying and managing more people at risk of CVD earlier.

Measuring key objectives

1. Deliver and increase take-up of the digital service
2. Ensure the digital service is inclusive, flexible and accessible to address health inequality
3. Drive better health outcomes for users and enable proactive health management



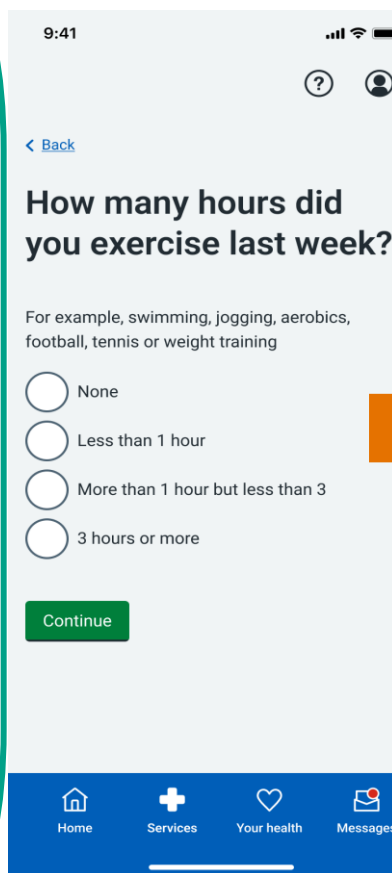
Stages of the NHS Health Check Online

The NHS Health Check Online has been designed to **mirror the in-person NHS Health Check** as closely as possible. Once a user confirms their eligibility, they will complete **three different stages**.

1. Health questionnaire, including body measurements

Users will be asked to complete a questionnaire about their health.

The questionnaire covers various topics, including users' height, weight, smoking and alcohol consumption, medical history and physical activity levels.



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How many hours did you exercise last week?

For example, swimming, jogging, aerobics, football, tennis or weight training

☐ None

☐ Less than 1 hour

☐ More than 1 hour but less than 3

☐ 3 hours or more

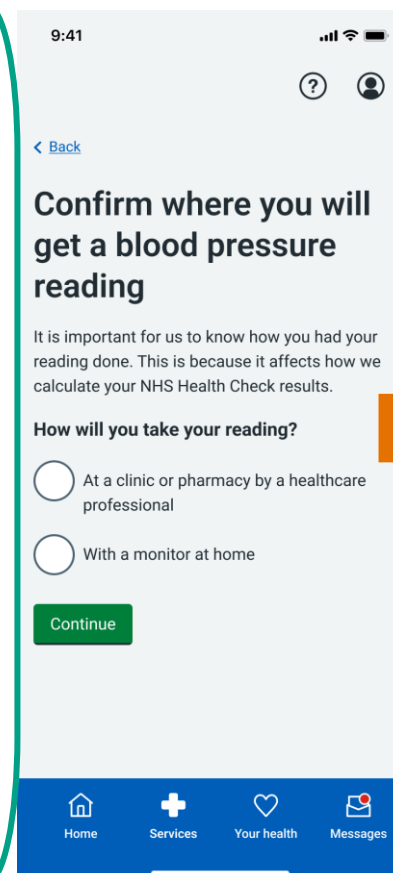
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Home Services Your health Messages

2. Blood pressure check

Users will then be asked to record a blood pressure reading.

The NHS Health Check Online will direct the user to a nearby pharmacy that offers free blood pressure checks if they do not have a monitor at home.



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Confirm where you will get a blood pressure reading

It is important for us to know how you had your reading done. This is because it affects how we calculate your NHS Health Check results.

How will you take your reading?

☐ At a clinic or pharmacy by a healthcare professional

☐ With a monitor at home

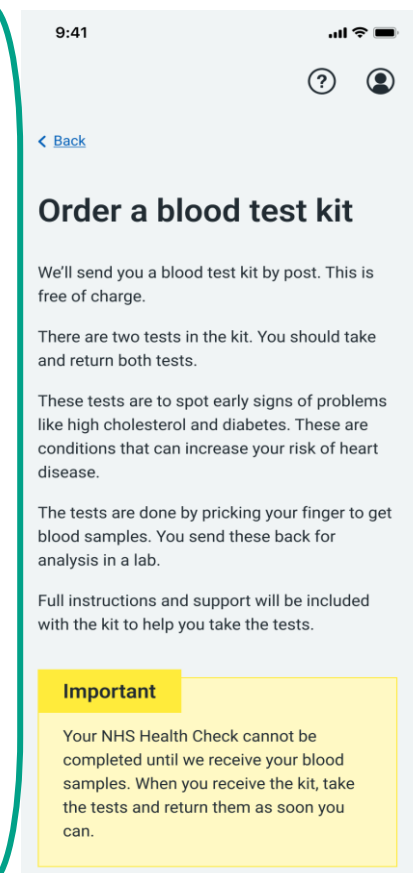
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Home Services Your health Messages

3. Self-sample blood test

Users will then be asked to order a blood test kit to their chosen address.

Once the finger prick self-sample is completed by the user, a medical laboratory will assess the blood test and provide the results to the NHSHC-O.



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Order a blood test kit

We'll send you a blood test kit by post. This is free of charge.

There are two tests in the kit. You should take and return both tests.

These tests are to spot early signs of problems like high cholesterol and diabetes. These are conditions that can increase your risk of heart disease.

The tests are done by pricking your finger to get blood samples. You send these back for analysis in a lab.

Full instructions and support will be included with the kit to help you take the tests.

Important

Your NHS Health Check cannot be completed until we receive your blood samples. When you receive the kit, take the tests and return them as soon you can.



Blood testing in the NHS Health Check Online

Who will take a test?

All users will be offered a blood test to measure their **cholesterol levels**, which will include total cholesterol (TC), high density lipoprotein (HDL), and TC:HDL ratio.

Based on answers prior to the blood testing stage, the Leicester Risk Score of the user will be calculated. This is recommended by NICE guidance for the identification of those at risk of diabetes. Users deemed to be in the **'high risk' category** will also be offered an **HbA1c test**, which measures blood glucose.

Timeline of the blood testing stage

After a user submits their blood pressure reading, they will be directed to order a blood test kit to their chosen address.



The blood test kits are sent via post, and once received the user will complete a finger prick self-sample blood test.

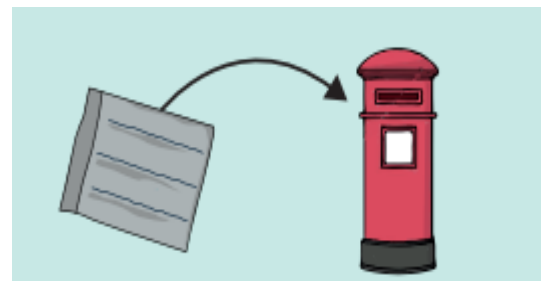
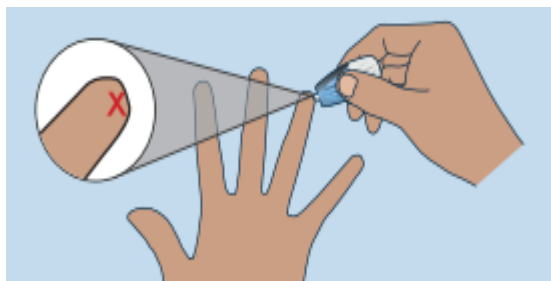


Once completed, users will return their sample to a UKSA accredited lab for assessment via free postage.

Order a blood test kit

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Clinically-guided decision-making

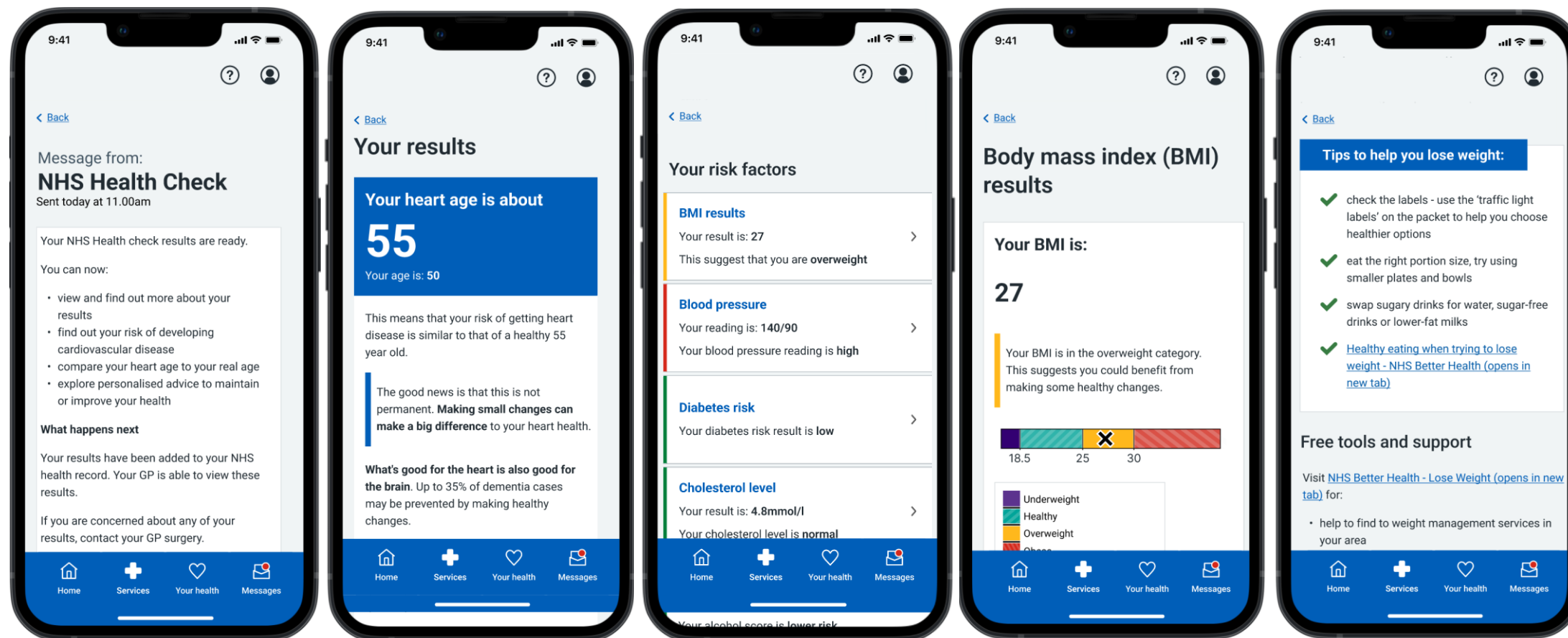
Following an options appraisal and subsequent advice from the NHS Health Check Advisory Group's Scientific & Clinical sub-group, it was determined that self-sampling is the most suitable blood-testing approach for private Beta. Point-of-care testing doesn't currently meet programme requirements, however we will continue to monitor the progress of new innovations for consideration in future developments.



Results for a complete online NHS Health Check

Users who complete the journey will receive a user-friendly **interpretation** of their NHS Health Check Online results as soon as the outcome from the blood sampling test are made available to the system.

All results screens have been **designed with guidance from clinical experts, developed through extensive user research and informed by behavioural science.**

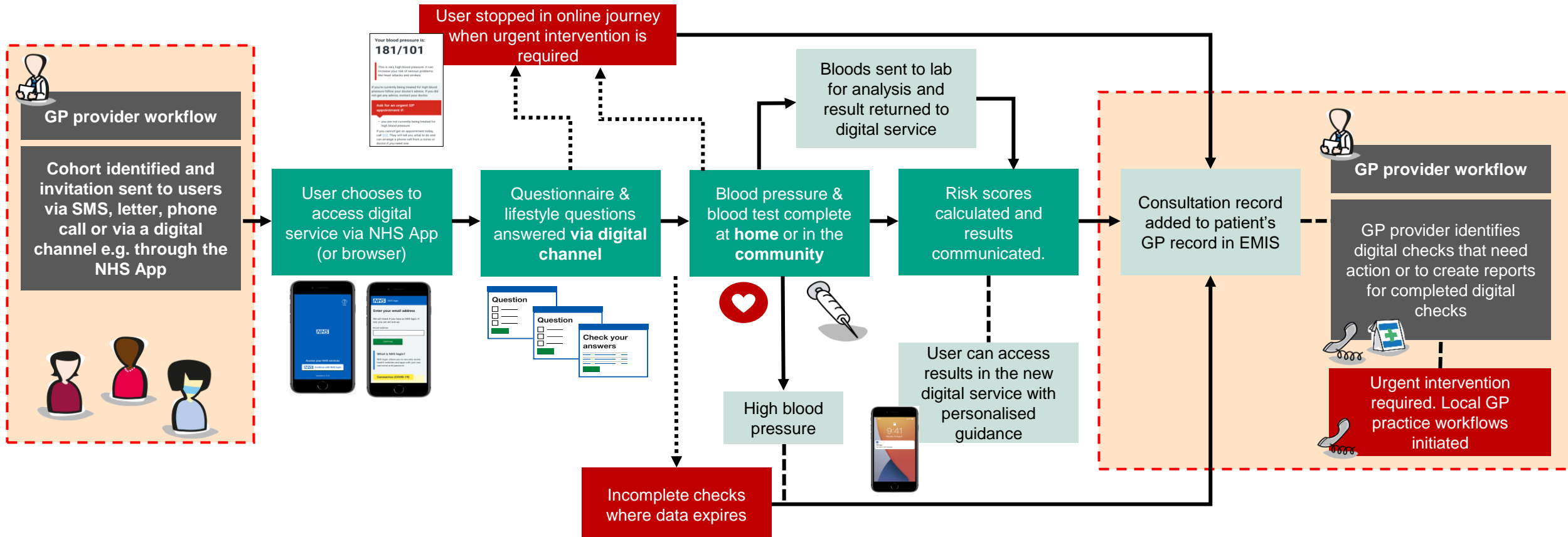


GP provider workflow mapped alongside the user journey

What will GP providers be required to do?

As the online NHS Health Check is self-completed by eligible people, it **does not require an appointment in primary care** so frees up capacity.

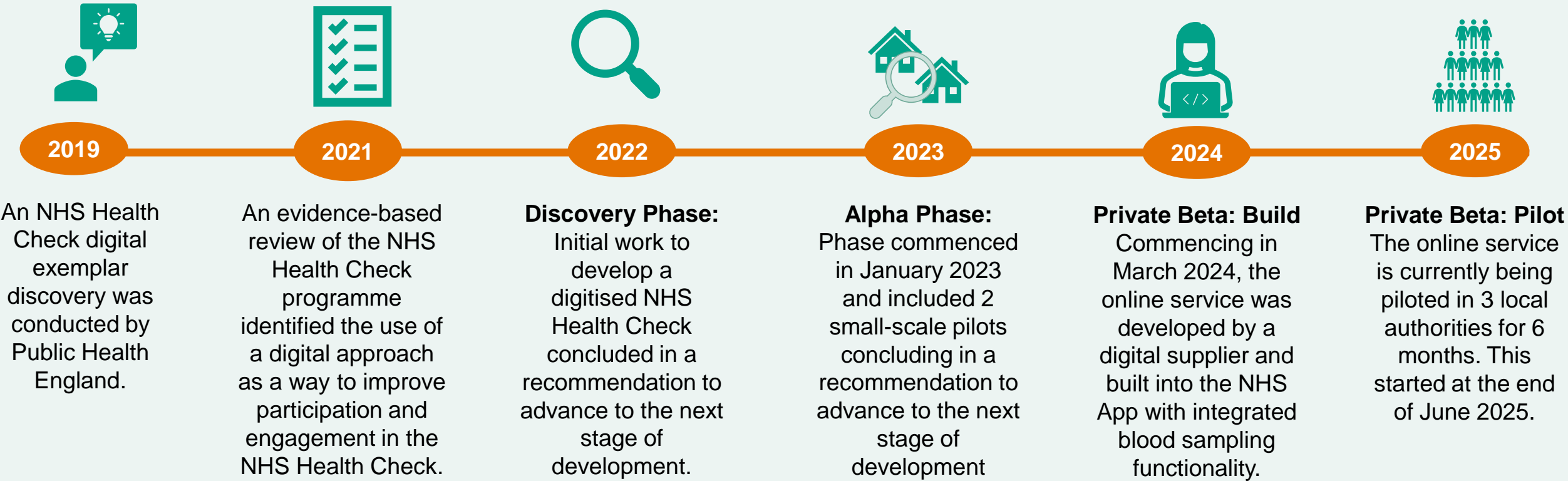
Clinical follow-up may be required depending on the results of the check. GP providers will only be required to follow up with patients after they complete if the results indicate that further clinical investigation/management is required, or if the user is stopped during the online journey because they require urgent intervention.



Programme timelines

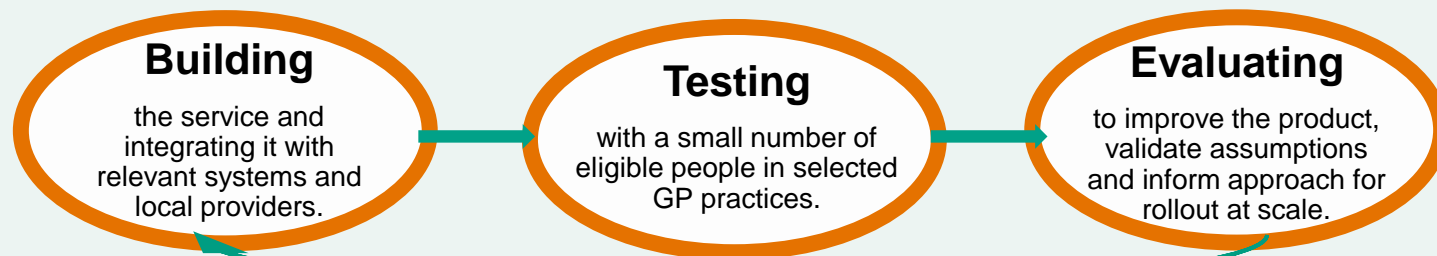
Development timeline of the NHS Health Check Online

The NHS Health Check Online has been **developed in line with the standards and phases** which all **government digital services must adhere to**, so digital products are **efficient and effective**.



Private Beta – evaluating and developing

What is private Beta?



Private Beta means that at this stage the product is not available to everyone, allowing us to have control over those testing the product, keep volume of end users low, and work out the best approach for national rollout in the future, while making improvements to the product.

After completing the initial Minimum Viable Product (MVP) build, we tested the product with a small limited cohort of patients from 3 GPs in 2 LAs to ensure the user journey worked as planned and to get early feedback. We are now live in the **two main phases of private Beta**:

Private Beta pilot

Current phase

The six-month pilot with three local authorities began in late June 2025 and will end in late December 2025. This is being **independently evaluated by the DECIDE** (Digitally Enabled Care in Diverse Environments) centre, which is a partnership between RAND Europe and the University of Oxford. Alongside the independent evaluation, ongoing **user research** will continue to **inform the design and delivery** of the online service.

With this phase underway, we are now launching this EOI for 5-8* more LAs to join the next phase:

Extended private Beta

December 2025 onwards

This next phase will help to refine the service, validate assumptions, and inform the best approach for rollout at scale. We are receiving interim findings from the evaluation regularly throughout the pilot to enable ongoing improvement, and the final evaluation will be published. We will also undertake a Beta assessment in line with the Government Digital Standards which will enable scaling more widely.

Beyond private Beta: Following the outcomes of the evaluation of the pilot and the Beta assessment, the aim is to roll out the NHS Health Check Online more widely from Spring 2026, delivering around 1 million checks in the first 4 years.



Benefits to joining the programme

Anticipated benefits of the NHS Health Check Online, that will be tested through piloting and evaluation, include the following:



By providing people with the choice to complete their NHS Health Check at home, more people will engage in the life-saving programme and it may attract people who are otherwise reluctant or find it difficult to engage in healthcare settings or who would simply find online checks more convenient.



By identifying and managing more people at risk of CVD earlier we anticipate that the programme will improve health outcomes, reduce inequality, reduce pressure on the NHS, and enable people to remain in work for longer.



The ambition is to free up capacity in primary care, with an existing face to face check taking on average 20 minutes of a health care assistants time.



Being part of an exciting, digital project and being an early adopter of NHS Health Check Online, helping to refine and shape the service, providing insights prior to rollout across the country.



We anticipate NHS Health Check Online will be more efficient to deliver which could enable the overall delivery of a greater number of checks within existing local authority NHS Health Check budgets.



It could help to overcome local variability in delivery and provide timely access to data for continuous improvement.



EOI process and timings

Timelines and eligibility criteria for joining the next delivery phase

EOI timeline

w/c 14th
July

8 weeks

w/c 8th
September

w/c 29th
September

October
onwards

Applications open: the documentation is published on the NHS Health Check website and applications open. Interested local authorities should review the eligibility criteria before applying.

Applications close: the application window will be open for 8 weeks. Once the application window is closed, the national team will score the applications against the specified criteria.

Outcomes shared: LAs will be informed of the outcome of their application.

Onboarding: New LAs will onboard to the programme. This will focus on onboarding GPs and procuring from the blood testing framework.

We expect onboarding to take around 3 months. Delivery and sending invitations can begin as soon as complete.

Eligibility criteria

To be eligible, the local authority needs to:

- Be able to identify GP providers willing to deliver the NHS Health Check Online, who use the EMIS IT system and collectively could deliver NHS Health Checks to at least 7.5% of LAs eligible population (as per criteria set out in legislation) in 1 year
- Be able to provide a point of contact to DHSC who has capacity (up to 1 day a month) to support GP providers in and be willing to share learnings through quarterly governance meetings;
- Have agreement from their Director of Public Health
- Be able to provide a named clinical lead. This could be from the Integrated Care Board (ICB), GP provider or primary care network (PCN). Their main role will be ensuring the implementation complies with the [DCB0160 standard](#);
- Be able to provide a named Data Protection Officer or equivalent
- Understand the requirement and be able to procure from the national framework, at its own cost, the home testing element of the NHS Health Check Online from March 2026.

