


Imagery created with assistance from AI tools

# Stay fit for life's little victories

A winning goal feels great, even if it's just Saturday morning five-a-side.

An **NHS Health Check** doesn't just look at your health today. We'll help you protect your heart, kidneys, and circulation as you get older.

**Let us help you stay healthy, ready for whatever life throws at you.**

If you're aged between 40 and 74, look out for your invite, talk to your GP, or contact your local authority about booking an **NHS Health Check.**

NHS HEALTH CHECK

Helping you prevent

diabetes | heart disease | kidney disease | stroke & dementia