



Stay well for the moments that matter.

You don't just stay healthy for your own sake - you do it for the people you care about.

An **NHS Health Check** will help you protect your heart, kidneys, and circulation as you get older, ready for the decades to come.

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.**

For you, and for them.

NHS HEALTH CHECK

Helping you prevent

diabetes | heart disease | kidney disease | stroke & dementia