NHS Health Check | End-to-End Pathway

Assessing CVD risk and enabling prevention

1 Eligible

Identify eligible adults aged 40–74 without existing cardiovascular disease.



Top Tips

Use warm up messages, reminders, local marketing campaigns and other local activity to support participation.

2 Invite

Invite eligible individuals to attend an NHS Health Check.





App

3 Gather health information

Used directly in CVD risk assessment tool

- 40–74 — Age
- Biological sex
- Ethnicity
- Family history of CVD
- Smoking status
- Body mass index (BMI)
- BP*
- Cholesterol test (TC:HDL ratio)

Additional information required on risk factors for CVD

- Physical activity
- Alcohol assessment
- Diabetes risk assessment
- Diabetes blood test* (only if required)
- Pulse rhythm assessment

*If BP is high or very high risk of diabetes, refer for clinical assessment of CKD.

4 Calculate Risk

Calculate and record the individual's predicted CVD risk.



The score helps guide discussion and next steps.

5 Dementia and Menopause Information

All patients: heart and brain health are linked, and common modifiable risk factors should be addressed.

People aged 65–74

Raise awareness of signs and symptoms of dementia. Signpost to memory services where appropriate.

Women aged 40–55

Information and signposting about menopause.

6 Discuss & Plan

Explain results and agree personalised actions to reduce risk.



- Smoking cessation support
- Physical activity support
- Weight management / healthy eating
- Alcohol support
- Other relevant behaviour change support
- Referral and support services

7 Record & Share

Record outcomes and securely communicate relevant information to GP practice.



Results recorded → Record if further clinical assessment required → Share results with GP practice → Health check complete

8 Outcomes

Provide support or refer for further assessment based on findings.

Outcome A – No further clinical assessment required

- NHS Health Check complete.
- Behaviour change support may still be provided, e.g. smoking cessation support.
- Individual returns to NHS Health Check call-and-recall processes.
- Individual may be re-invited after 5 years if still eligible.

Outcome B – Further clinical assessment required

- Further clinical assessment is required.
- Conditions such as hypertension or diabetes may be identified.
- Treatment, management or follow-up may be needed.
- If no condition is diagnosed and the person remains eligible, they may be re-invited.