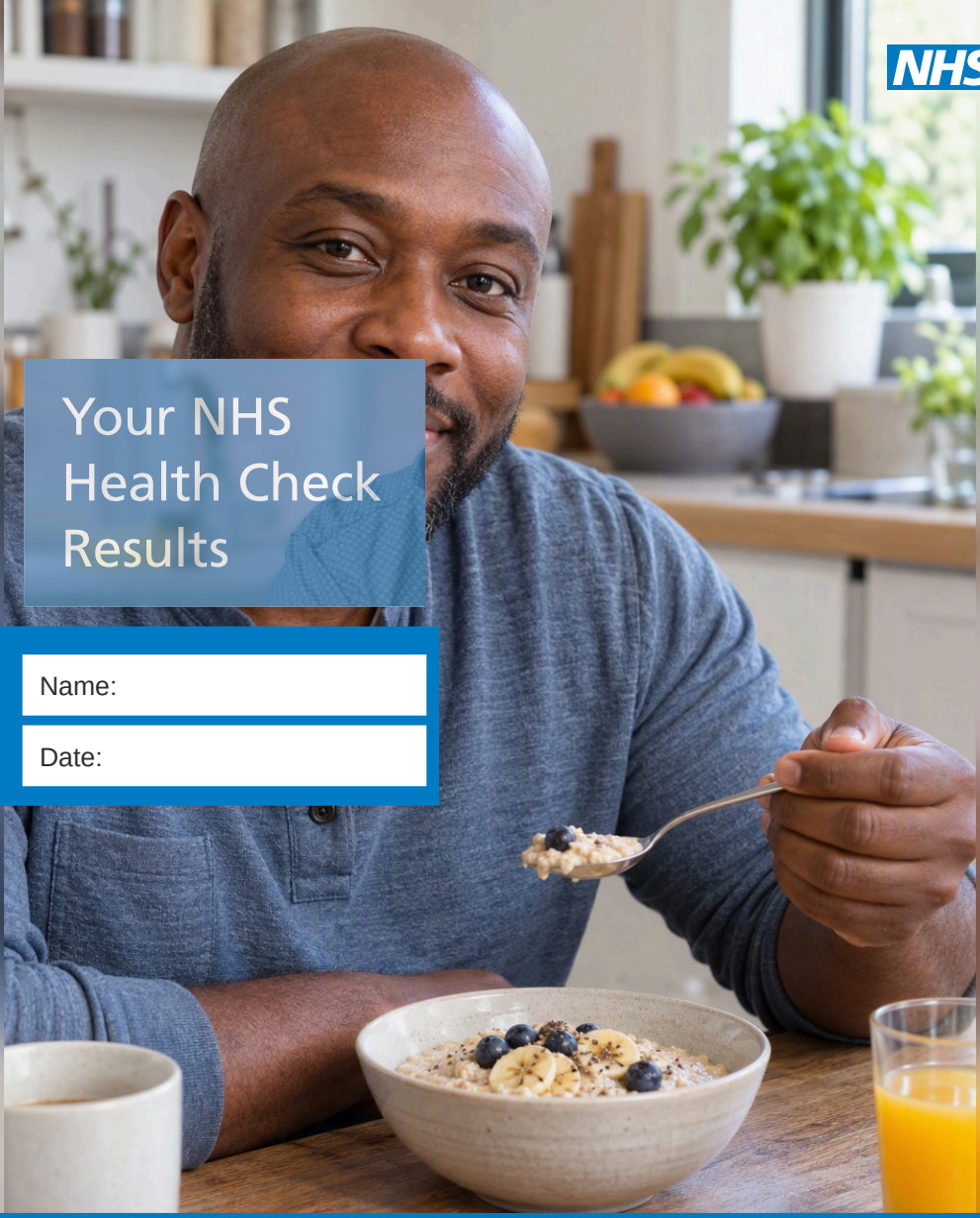


Your NHS Health Check Results

Name:

Date:

NHS HEALTH CHECK

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

Thank you for having your NHS Health Check today. We hope you have found it beneficial.

What small things can you start to change today?

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

What's your 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 you?

Who can help / support you?

How can you reward yourself when you achieve your goal?

I agree to these goals. Signed _____ Date _____

Some of your results are colour coded:

Well done
Be careful
ACT NOW

Height: _____ Weight: _____

				My reading
Blood pressure	Ideally 140/90 or below		140/90 or above	
Activity	Active	Moderately inactive	Inactive	
Smoking	No	Passive	Smoker	
BMI If you are Asian	25 or less 22.9 or less	25-29 23-27.4	30 or more 27.5 or more	
Alcohol				
Cardiovascular Risk (%)*	10% or less	Between 10–19%	20% or above	
Cholesterol: Total/Ratio				
HbA1c				

* This means your % risk of developing cardiovascular disease.

Further information and referrals

You can record any further information from your NHS Health Check here, including any referrals your health check practitioner made to other services

Useful contacts

Name of person who delivered your NHS Health Check:

Name: _____

_____

Tel no: _____

Email: _____

Date: _____

Further information about NHS Health Check is available on the NHS website:

Better Health: https://www.nhs.uk/better-health/

NHS website: https://www.nhs.uk/tests-and-treatments/nhs-health-check/

Nov ’26