

# Aged 40-74? Find out about our **FREE** NHS Health Check

Even if you're feeling well, it's worth having your NHS Health Check - we can then work with you to keep you healthy.



**NHS  
HEALTH  
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

*In partnership with*

YOUR  
COMMERCIAL  
PROVIDER  
LOGO HERE

YOUR  
LOCAL  
AUTHORITY  
LOGO HERE

## Over (insert figure here) people in (insert area here) benefit from a free NHS Health Check each year.

- If you are between 40 and 74, you'll be offered a free NHS Health Check once every five years
- The check will assess your risk of some of the biggest causes of early death in England such as heart attack and stroke
- These conditions can often be prevented, even if you have a family history of them
- It only takes 20-30 minutes and involves a few questions and measurements, including a simple blood test to check your cholesterol
- After the check you will receive free personalised advice to help you stay healthy

For more information visit:  
**yourlocalNHSURLhere**  
Telephone: 0000 000 0000



# Aged 40-74? Find out about our **FREE** NHS Health Check

Even if you're feeling well, it's worth having your NHS Health Check - we can then work with you to keep you healthy.



**NHS  
HEALTH  
CHECK**

Helping you prevent

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

*In partnership with*

YOUR  
COMMERCIAL  
PROVIDER  
LOGO HERE

YOUR  
LOCAL  
AUTHORITY  
LOGO HERE

## **Over (insert figure here) people in (insert area here) benefit from a free NHS Health Check each year.**

- If you are between 40 and 74, you'll be offered a free NHS Health Check once every five years
- The check will assess your risk of some of the biggest causes of early death in England such as heart attack and stroke
- These conditions can often be prevented, even if you have a family history of them
- It only takes 20-30 minutes and involves a few questions and measurements, including a simple blood test to check your cholesterol
- After the check you will receive free personalised advice to help you stay healthy

For more information visit:  
**yourlocalNHSURLhere**  
Telephone: 0000 000 0000







Aged 40-74?  
Find out about  
our **FREE** NHS  
Health Check

**NHS  
HEALTH  
CHECK**

Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia

*In partnership with*

YOUR  
COMMERCIAL  
PROVIDER  
LOGO HERE

YOUR  
LOCAL  
AUTHORITY  
LOGO HERE

## Over (insert figure here) people in (insert area here) benefit from a free NHS Health Check each year.

- If you are between 40 and 74, you'll be offered a free NHS Health Check once every five years
- The check will assess your risk of some of the biggest causes of early death in England such as heart attack and stroke
- These conditions can often be prevented, even if you have a family history of them
- It only takes 20-30 minutes and involves a few questions and measurements, including a simple blood test to check your cholesterol
- After the check you will receive free personalised advice to help you stay healthy

For more information visit:  
**yourlocalNHSURLhere**  
Telephone: 0000 000 0000

