

Where to get your NHS Health Check

You can arrange a check with your GP, or at a participating pharmacy or community venue near you. Some offer out-of-hours and Saturday availability.

Free NHS Health Checks are also available at various events throughout Camden. For details please contact ToHealth on **0203 308 2955** or visit www.nhshealthcheck.com/camden.

Did you know...

You are likely to be more at risk of heart disease, stroke, diabetes, kidney disease, or dementia if you:

- Smoke
- Are overweight
- Don't exercise enough
- Have a history of heart disease or stroke in your family
- Have high cholesterol
- Drink too much alcohol
- Have high blood pressure.

An NHS Health Check cannot guarantee that you will not develop one of these conditions, but by taking action now, you will give yourself the best chance of living a longer and healthier life.



Find out about your free NHS Health Check

Find out more

Phone: 0203 308 2955

W: www.nhshealthcheck.com/camden



I want to live a longer and healthier life

Even though you might be feeling great, you may be at risk of diabetes, kidney disease, heart disease and stroke.

A FREE NHS Health Check can help you to reduce these risks and stay healthy.

It's free, simple and can take as little as 20 minutes.

What if I feel fine, do I still need a health check?

Even if you are feeling well, it is worth having your NHS Health Check now.

We can work with you to lower your chances of developing health problems in the future.

I have 20 minutes to spare

Who should have an NHS Health Check?

An NHS Health Check is for anyone aged between 40 and 74.

What happens when I have a health check?

A health check can take as little as 20 minutes.

During this time, we will:

- ask you some simple questions about you and your lifestyle
- record your height and weight
- take your blood pressure
- take a small blood sample to measure your cholesterol level.

I want it to be hassle free

How do I book an NHS Health Check?

Most GP practices in Camden offer NHS Health Checks. You can also have a check at some Pharmacies and community locations and events. Further information is on the back of this leaflet.

Out-of-hours and Saturday services are also available at some sites.

What happens after my health check?

The person delivering your check will explain your results, give you some tips and advice and tell you about some of the services you can use to help you lead a healthier lifestyle.