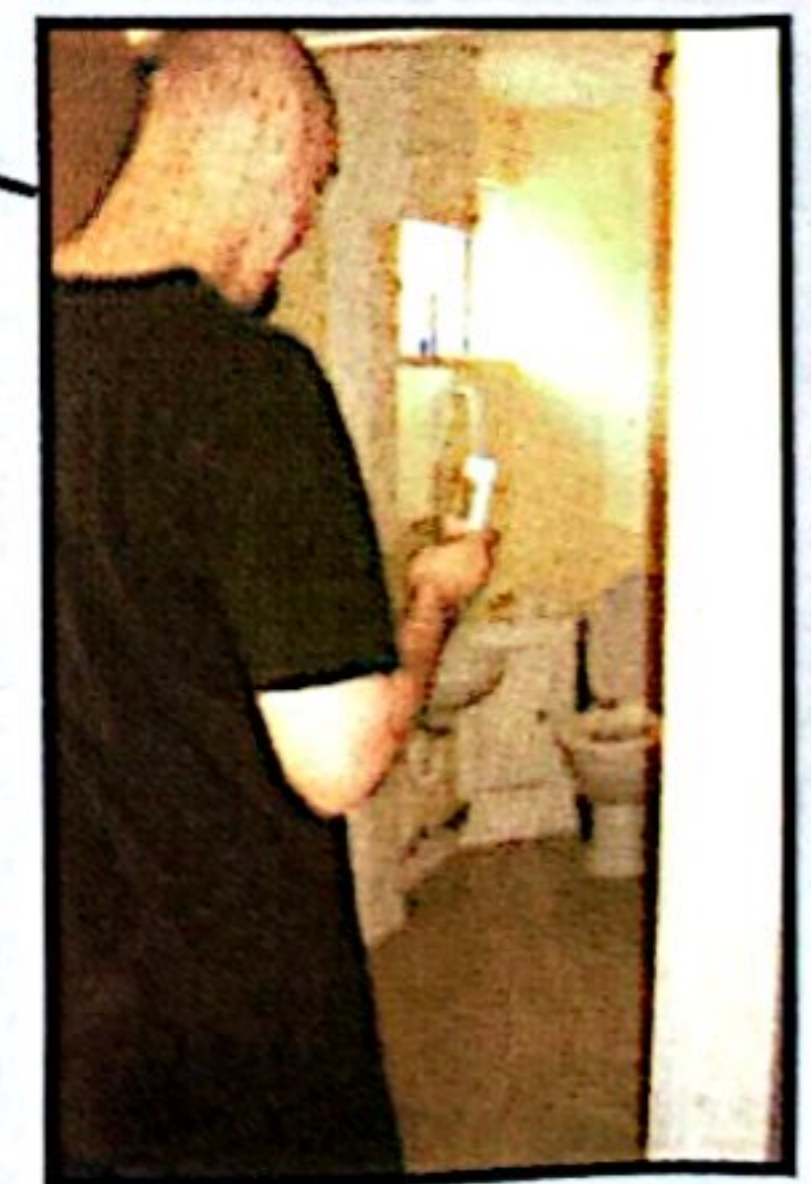
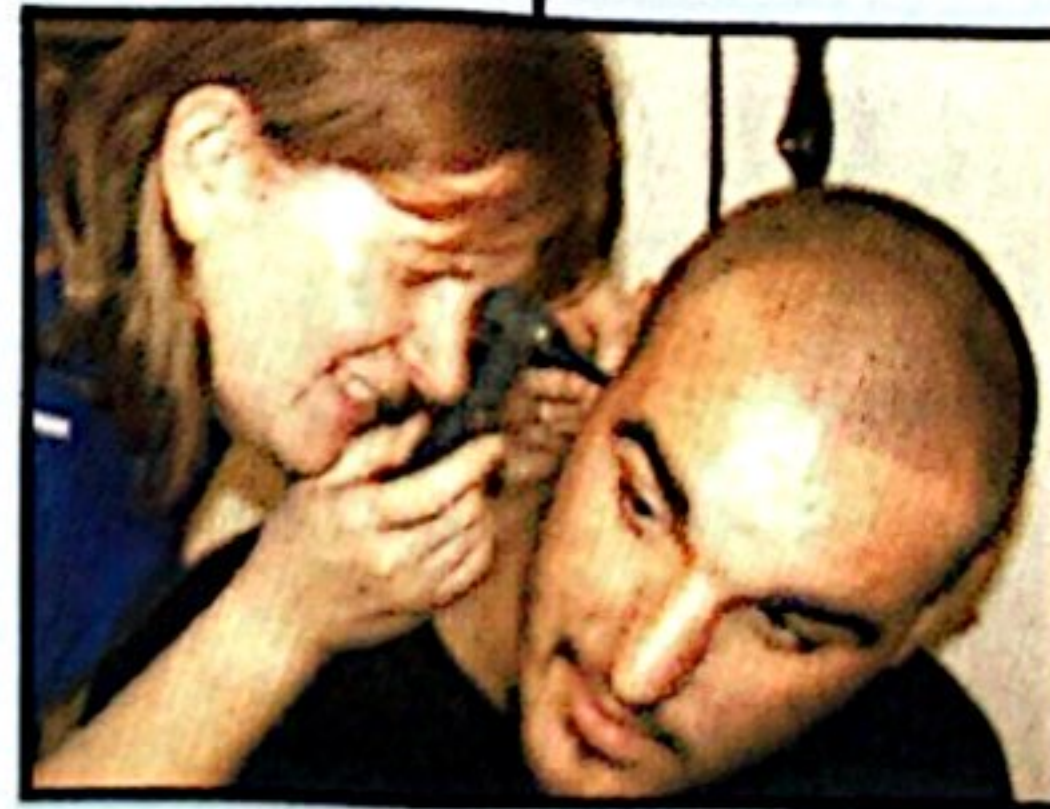


Health Check

So you are going for a health check.
This will help you to be healthy.



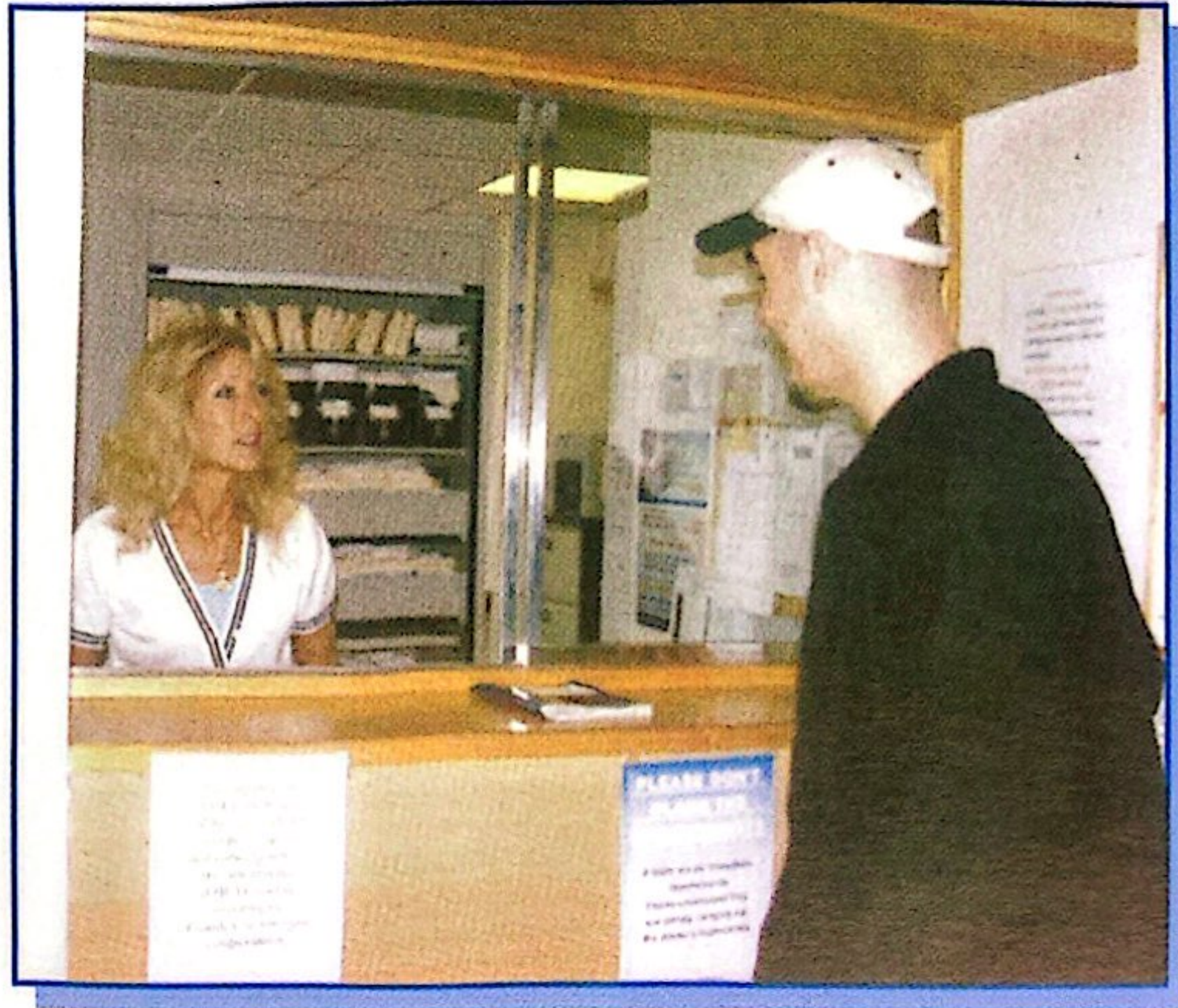
Valuing People says that people with Learning disabilities should get equal access to healthcare.

- 1** You will get a letter inviting you for a health check.

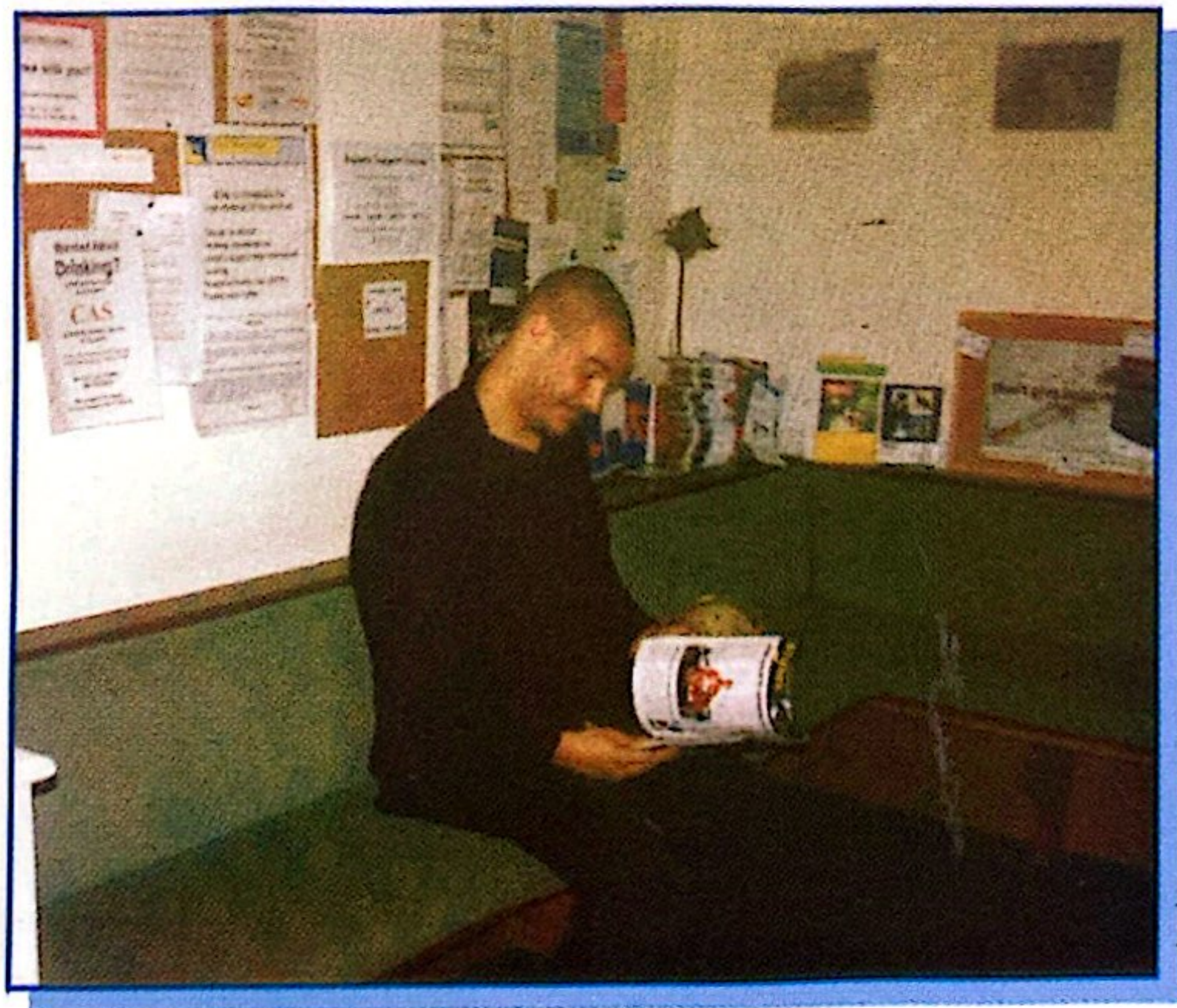


- 2** Your health check will be at your GP practice.

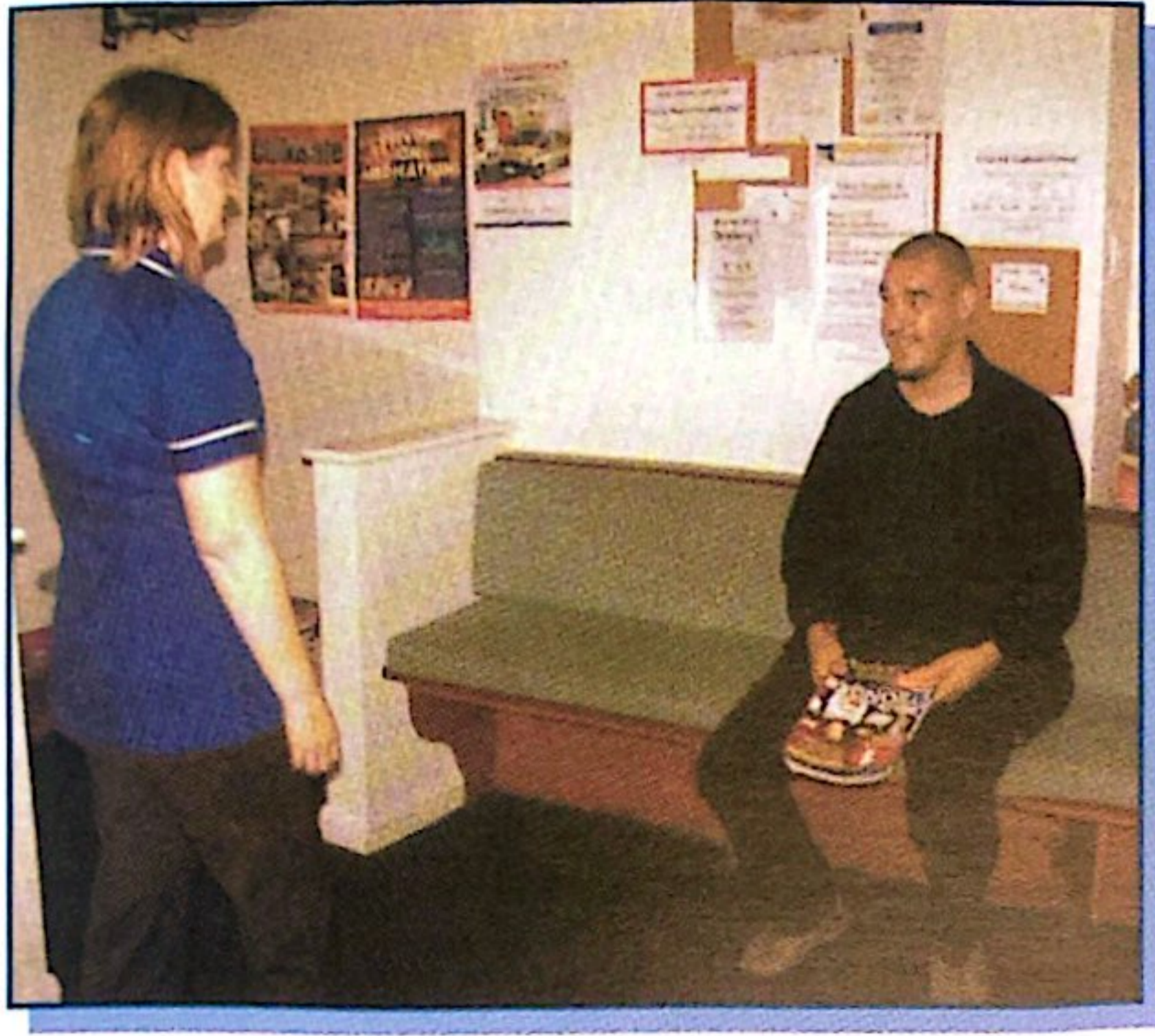
You can take someone with you.



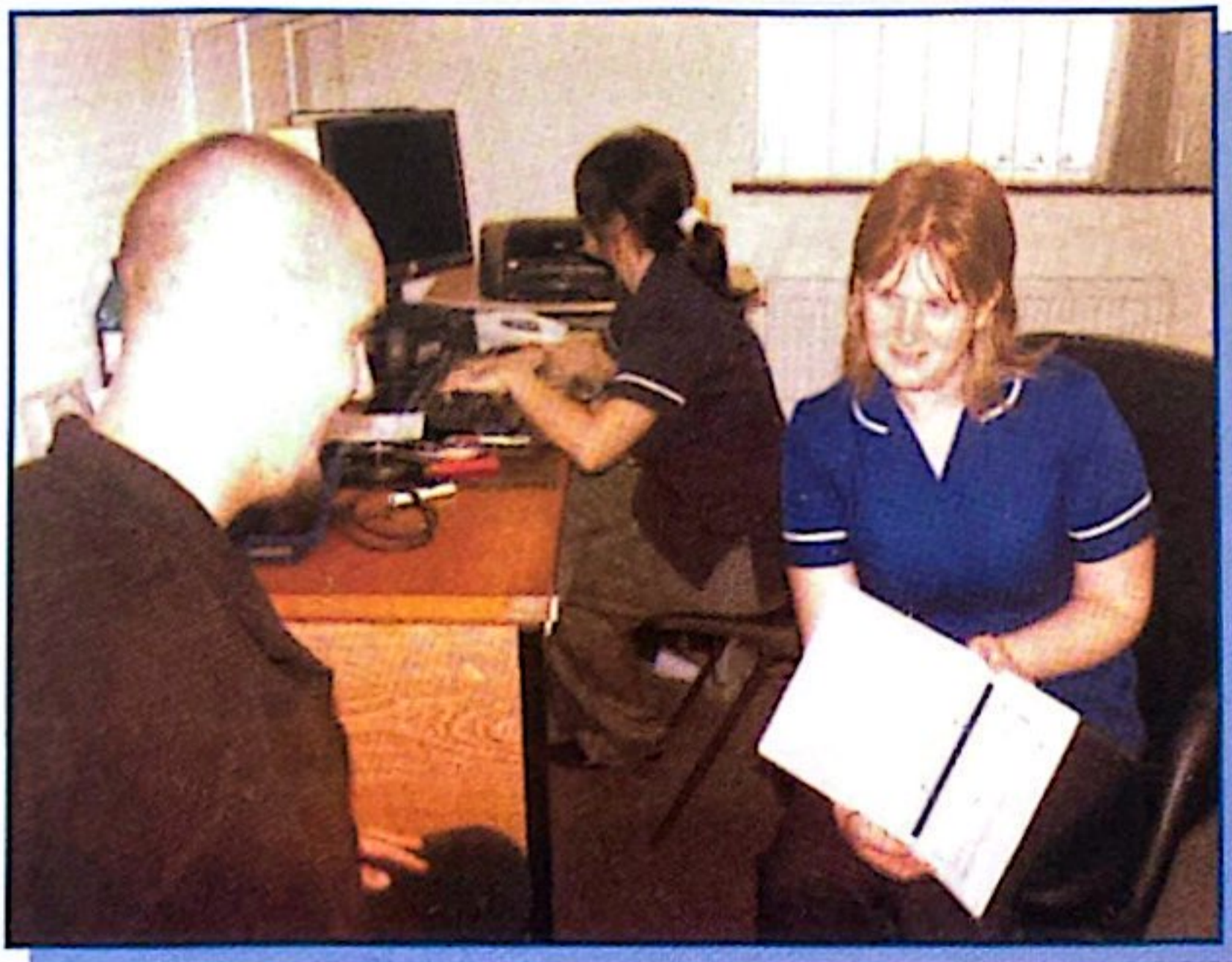
- 3** Go to reception when you arrive at your GP practice.



- 4** You will be asked to sit in the waiting room.



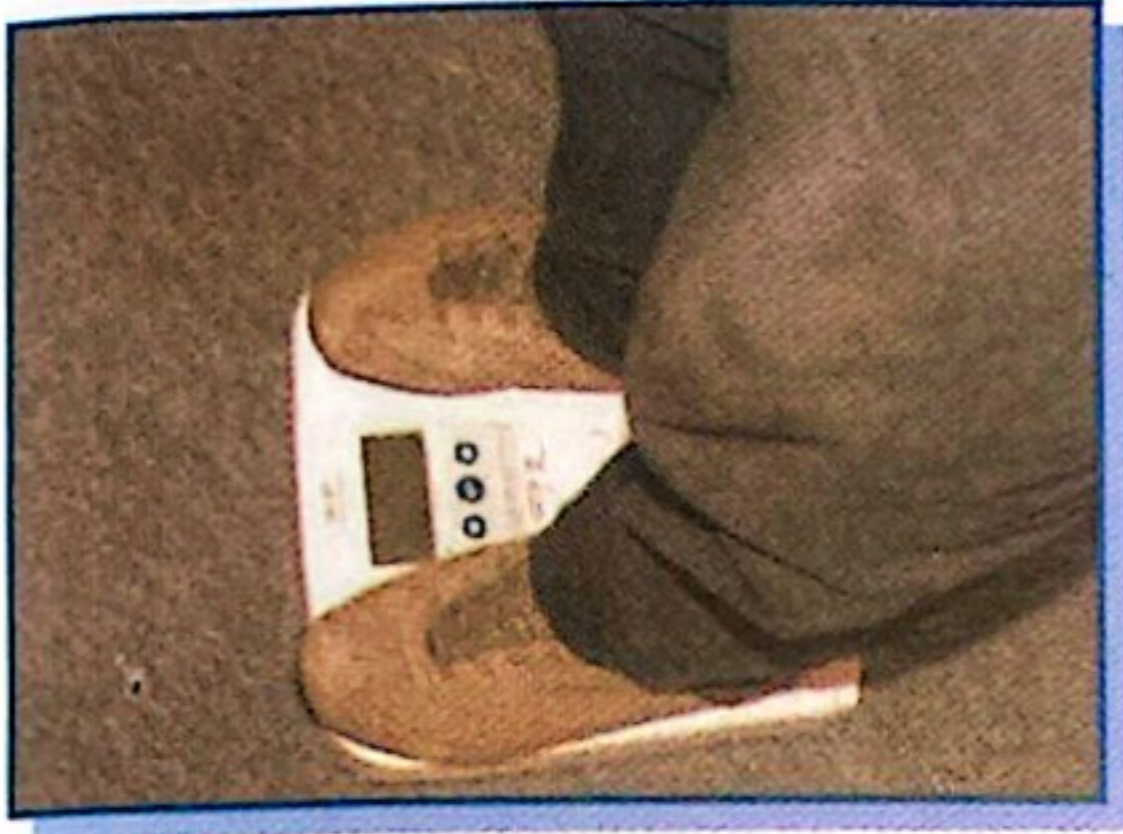
- 5** The nurse or doctor will call your name and show you to a room.



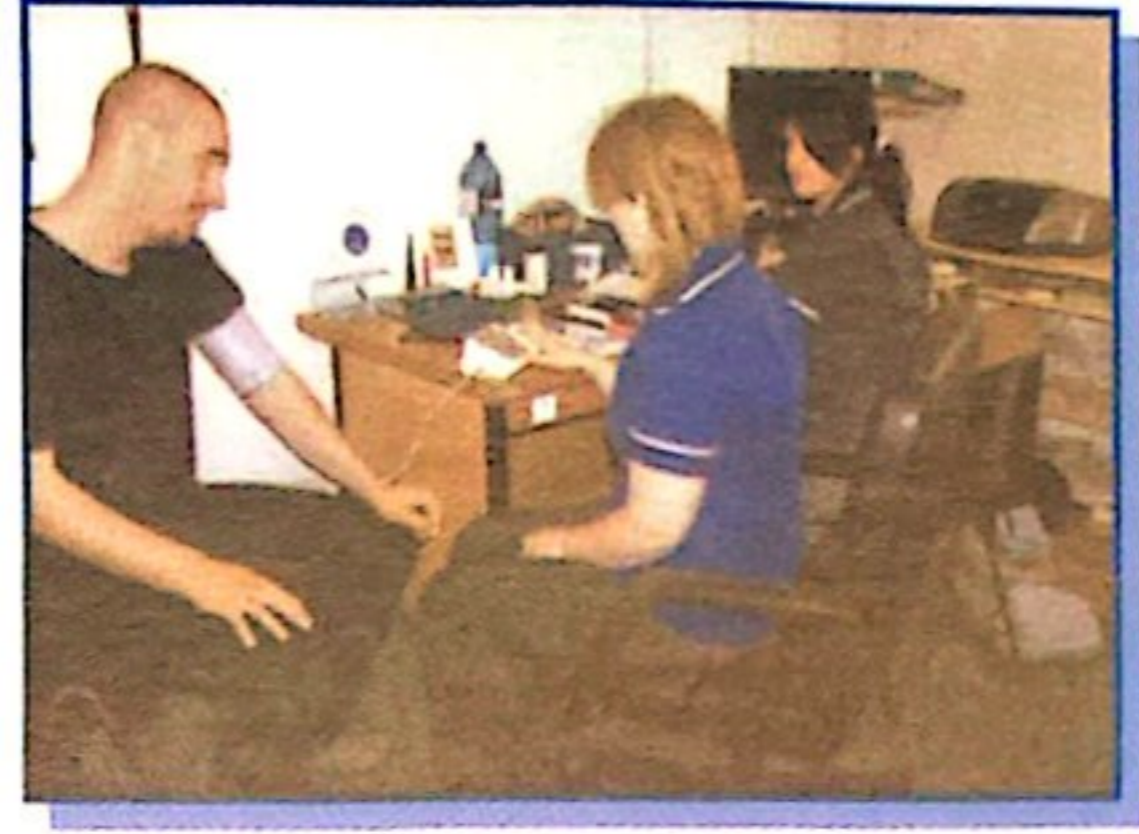
- 6** The nurse or doctor will do your health check.

7 They will check your

Weight



Blood pressure & Pulse



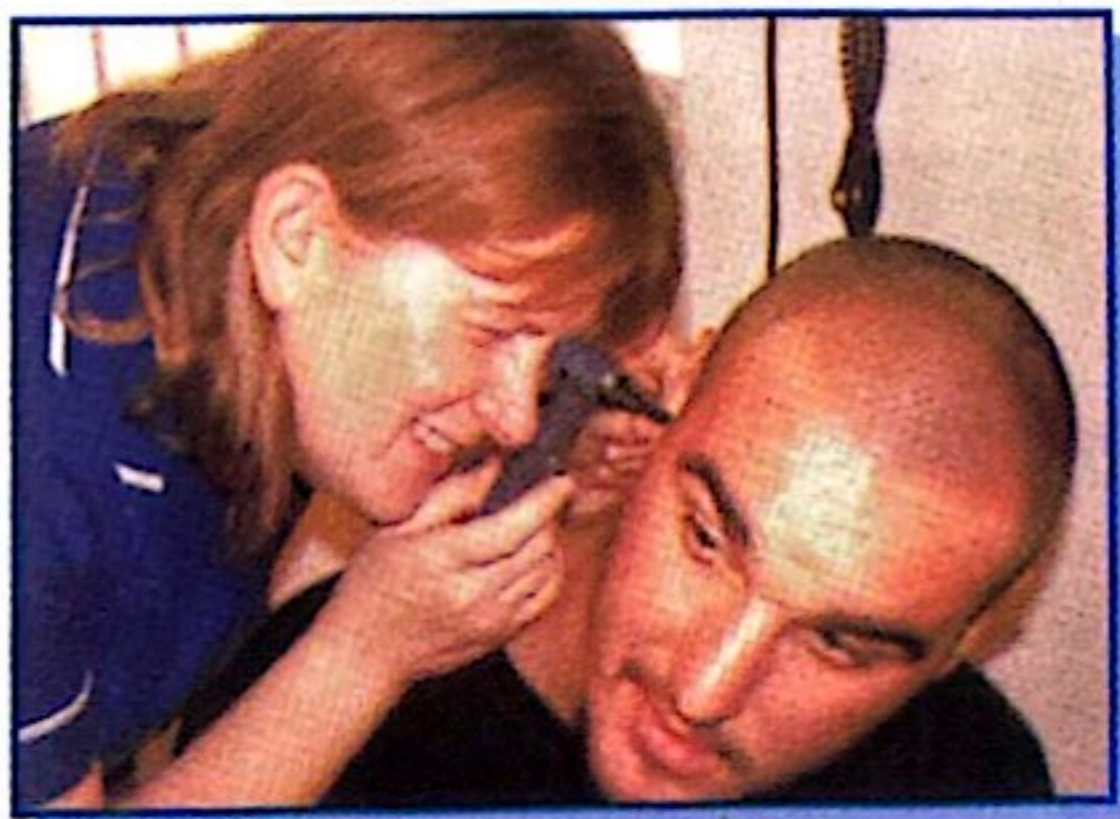
Urine



Height



Ears

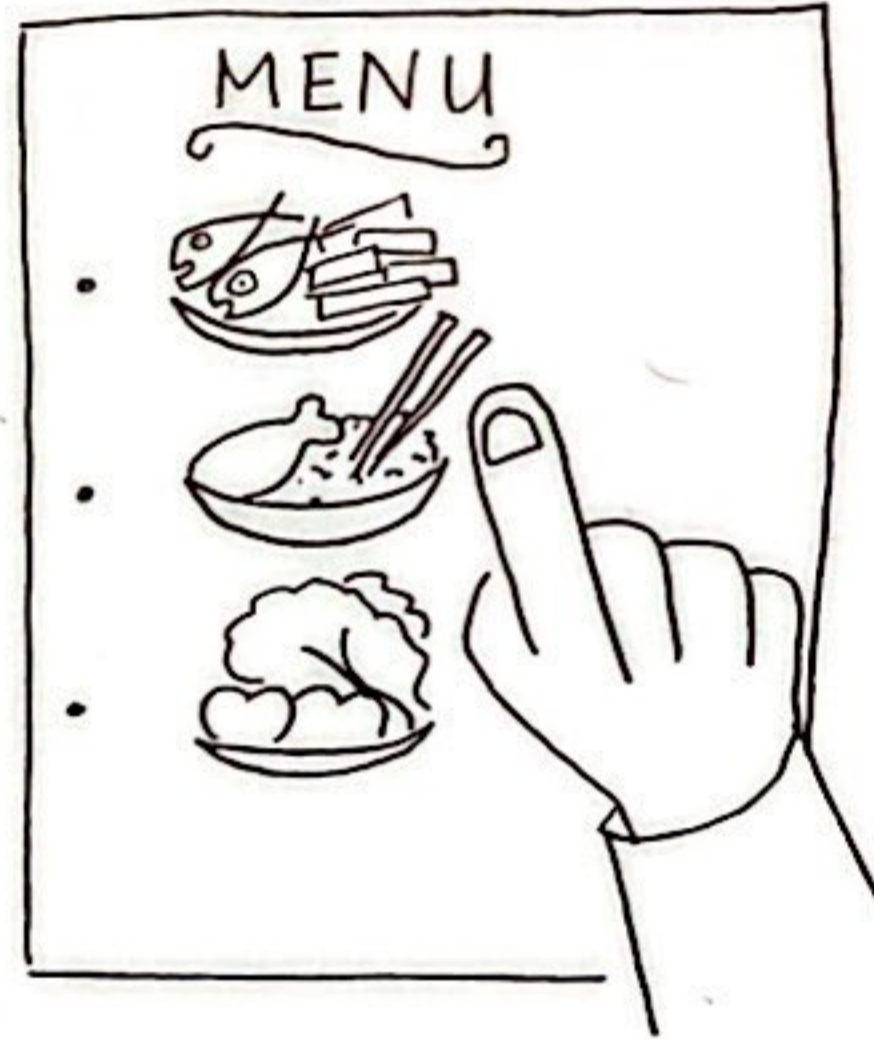


8 You could also be asked about other things, including

Feelings and emotions



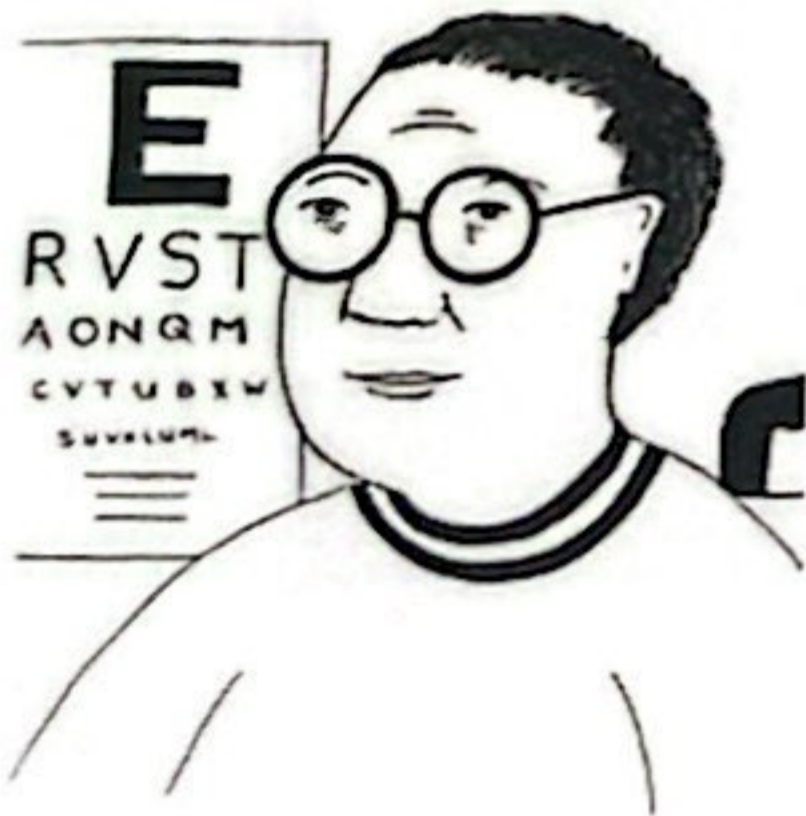
What you eat



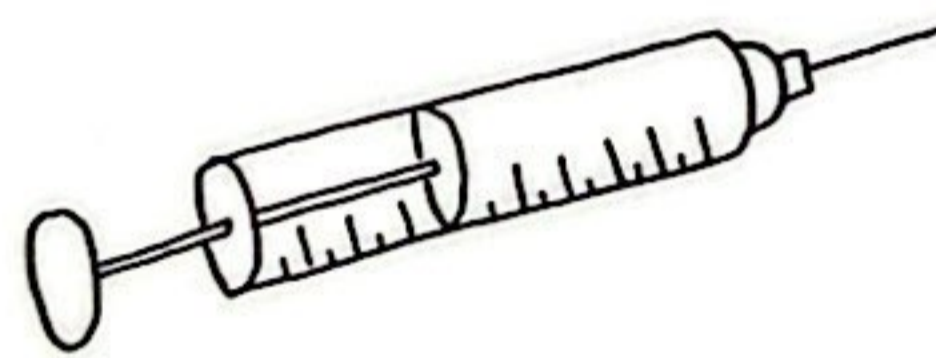
Exercise



Your Eyes



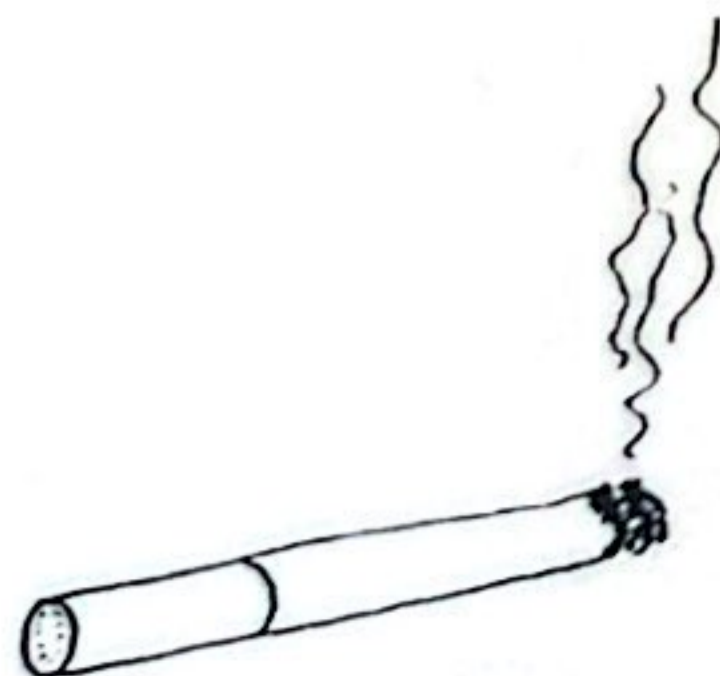
Immunisations



Your Feet



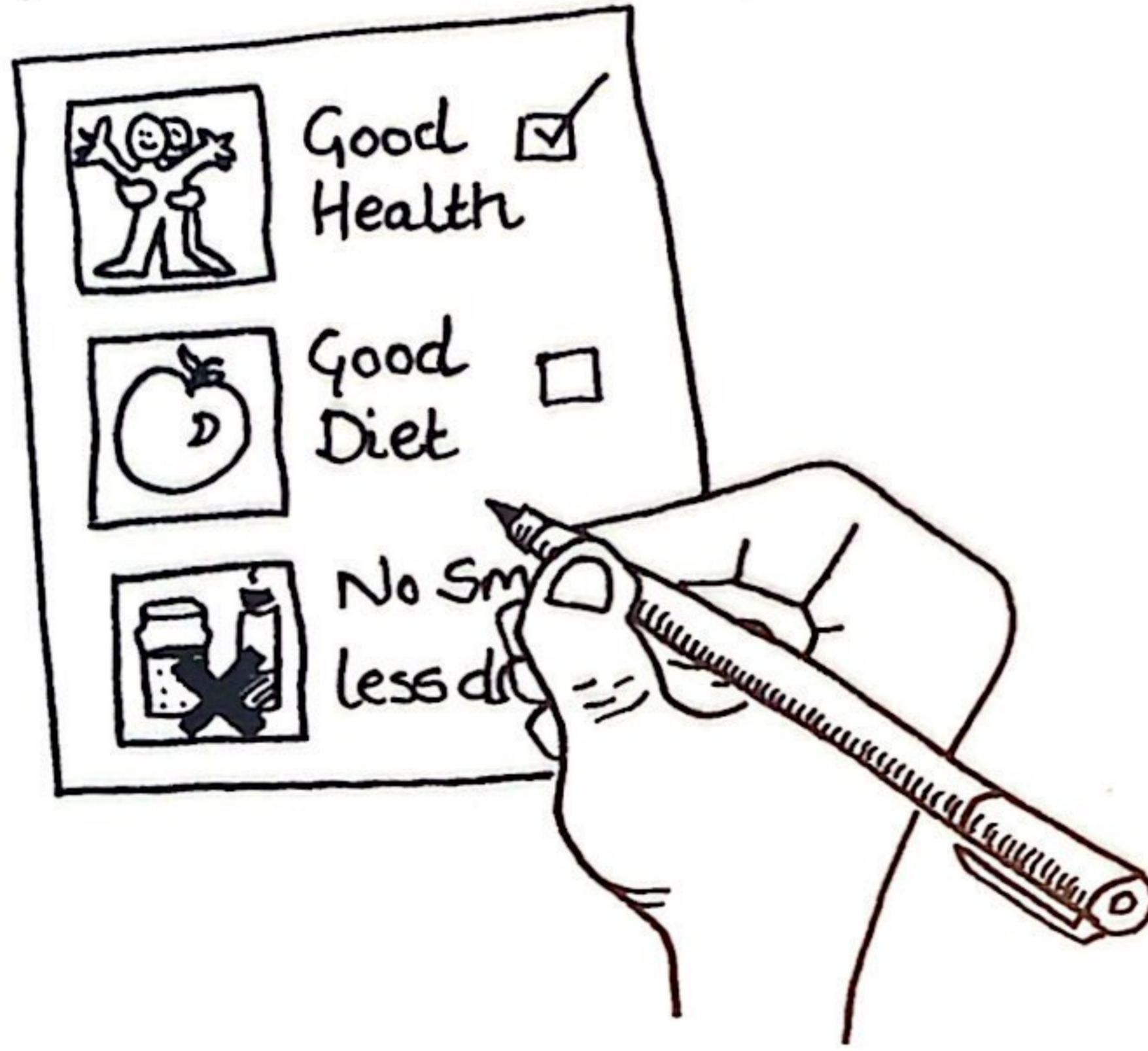
Smoking



Drinking



- 9 You will be given some health actions to put in your Health Action Plan.



Having health problems or if you are worried about your health then we may be able to help.

Telephone no



Name & address



Produced by West Midlands Health Facilitation & A2A Network working in partnership to improve health of people with learning disabilities.

With thanks to Coventry and Warwickshire NHS Partnership Trust, Grapevine and The H Team.

Pictures courtesy of

