

If you have any questions please
phone your Doctor's Surgery.



If you would like this leaflet in a
different format or language, please
contact the Equality and Diversity
Department on 02476 536 802.

June 2020
For review: June 2021

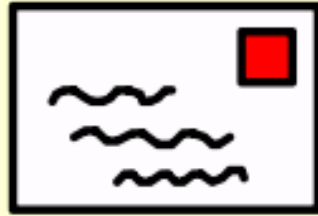


Annual Health Check Up


What will happen in your annual
health check?



You will be sent an invite letter in the post.




You may be given a Health Action Plan.


This is my Health Action Plan 


My name is:


I prefer to be called:

This Health Action Plan is for you to know what you need to do to keep yourself healthy. Information in this plan has come from your health check at the GP's surgery.

Date completed:  Date of birth:

Venue:  Address:

Health check completed by:  Tel No:



Health Action Plan completed by:  Religion:
Religious requests:

Please take this Action Plan to all health appointments you have e.g. GP, Nurse, Dentist etc. and ask the health professional to review the actions and fill in a review sheet at the back of this booklet.

Reasonable Adjustments:



You will also be sent a Pre-Health Check Questionnaire booklet.

Please fill it in or bring it with you to your annual health check.

Pre Check In Annual Health Check

Your Doctor wants you to have a health check every year.

Your Health Action Plan is for you to keep



You will be asked about other things, including:

Weight



Eyes



Drinking



Exercise



Mouth & Teeth



Breathing



Smoking



What you eat



Feelings & Emotions



Your annual health check up will be at your Doctor's Surgery.

You can take someone with you.



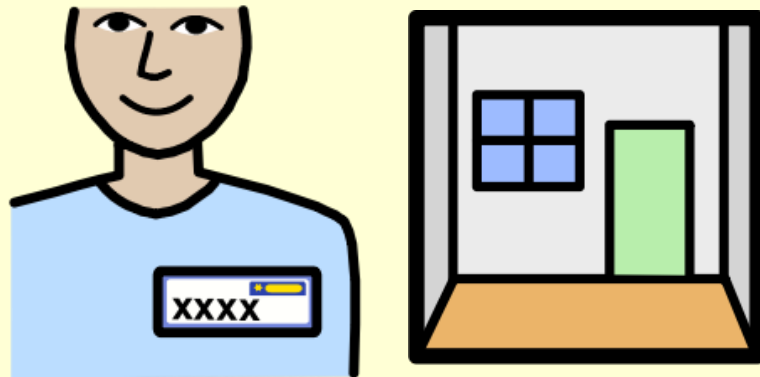
Go to reception when you arrive at the surgery and show them your letter.



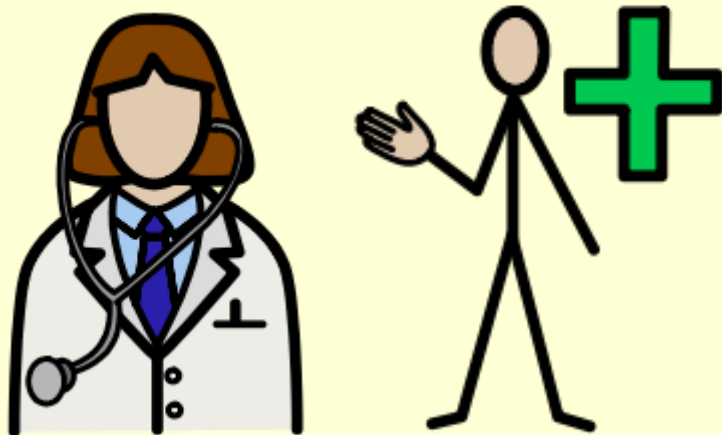
You will be asked to sit in the waiting room.



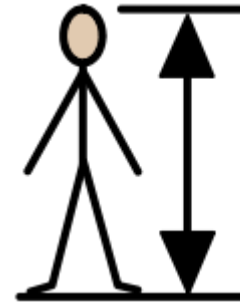
Your name will be called and you will be either shown to a room or given a room number to go to.



The doctor or nurse will do your annual health check up.



They will check your:



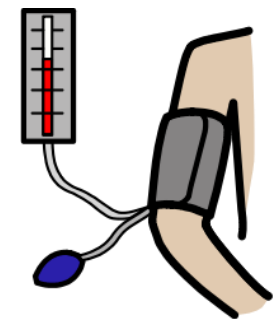
Height



Weight



Ears



Blood Pressure
& pulse