



At the end of the health check the nurse might ask you to come and see her again or arrange for you to see other people about your health.

Information from your health check could be added to your health action plan.

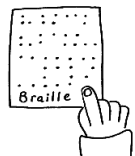
If you do not have a health action plan this could help you to start one.



If there are no worries about your health you will have another health check in one years time.

This leaflet was developed in partnership with
Wirral Primary Care Trust
Western Cheshire Primary Care Trust
Central and Eastern Cheshire Primary Care Trust

This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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Cheshire and Wirral Partnership 
NHS Foundation Trust

Having a health check



This leaflet tells you about having a health check

The nurse at your doctors surgery will give you the health check.

Your carer or staff will have a list of things to bring with you.



The nurse will ask you about:

Medication



Smoking and alcohol



Healthy eating and exercise



Looking after your teeth and going to the dentist.



Having your eyes tested at the opticians.



You will be asked lots of questions about your health and your families health.

Your carer and staff can help you to answer the questions.

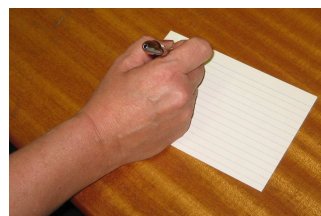


The health check can take about 40 minutes.

The nurse will ask you how you feel and take your blood pressure.



The nurse will check your weight and your height.



The nurse will write down the things you tell her about your health.