

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

Even though you might be feeling great, if you're over 40 you may be at risk of kidney disease, heart disease, stroke and diabetes.

A **FREE** NHS Health Check can help you reduce these risks and make sure that you stay healthy.



Call **01823 261 794** or visit
somersethealthchecks.co.uk

**NHS
HEALTH
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia



ToHealth

www.somerset.gov.uk



What will happen at the NHS Health Check?

The NHS Health Check typically takes about 20 minutes and includes:

- Blood pressure test, blood glucose* and cholesterol assessment.
- Lifestyle assessments, personal and family medical history.
- Healthy weight calculation.
- Assessing your risk of developing Stroke, Heart Disease, Type 2 Diabetes and Kidney Disease in the next 10 years.

You are eligible for a free NHS Health Check if:

- You are between 40 – 74 years old.
- You live in Somerset or you live outside of Somerset, but are registered with a Somerset GP.
- You have not had an NHS Health Check within the last 5 years.
- You have not been diagnosed with or are not taking medication for heart disease (including blood pressure medication), stroke, diabetes, chronic kidney disease or dementia or on a Statin.

*if eligible

Please ensure you are eligible for a free NHS health check before booking in order to avoid delay.

We operate from a range of GP surgeries, community pharmacies and community venues within Somerset. You can book your free NHS Health Check at a location that is convenient for you.

For more information visit:
[somersethealthchecks.co.uk](https://www.somersethealthchecks.co.uk)

Alternatively you can telephone
01823 261 794

Follow us on twitter **@nhshealthcheck**

Or simply scan the QR code using a QR reader on your Smartphone

