

Do you have a learning disability?

Joe says

“Are you 14 years old –
or more than that?

You should have an
Annual Health Check
at your doctors

This leaflet tells you
what to do”



What is an Annual Health Check?

A health check is when the doctor or nurse checks if you are healthy. You don't need to be ill to get a health check. But you can ask your doctor about anything that is hurting or worrying you.

An annual health check means having your health checked 1 time every year.

Going to your doctor for a health check every year is a really good way for your doctor or a nurse to check your health and make sure you stay fit and healthy. It is a good idea to have a health check 1 time every year.

What will happen at your health check?

It's easy. You will have a talk with the doctor or nurse, and you will be asked some questions like:



If you smoke



What food you eat



If you exercise



If you ever feel not well

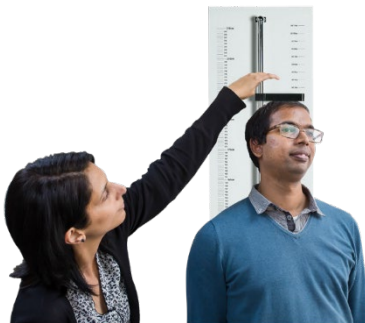
The doctor or nurse will ask if it is OK to do some tests. If you agree they may check your:



Blood pressure



Weight



Height



Eyes



Ears



Heart



Urine (your wee)



What medication you take

Sometimes they may ask if they can take a sample of your blood.



This does not hurt and it is a good thing to do, but if you are worried tell the doctor or nurse and if you really don't want them to do this, they won't.

It's your choice.



Can I bring someone with me?

Yes, you can bring a relative, or your carer, or a friend

How do I get my health check?



Your doctor may send you a letter asking you if you would like a health check.



You can ask for a health check. Just phone your doctor or go to the doctor's surgery and ask when you can come in for a health check.

Do I have to have a health check?

No, you don't have to have a health check. But it is really important to look after your health.

What will the doctor or nurse tell me?



The doctor or nurse may suggest some things you can do to keep healthy and fit and ask you what you want to do to be healthy.

They may ask you to take some more tests so that they can help you to get healthy and stay healthy.



What happens next?

Everything will be written down in what is called your Action Plan.

You will be given a copy of your Action Plan.

Your Action Plan can help you stay healthy and fit.

What to do next



Book your appointment with your doctor. If you need help to do this ask your mum or dad, or your carer, or a friend.