

FREE NHS HEALTH CHECKS

If you are between the ages of 40 and 74 you may be entitled to an NHS health check. The programme aims to help prevent heart disease, stroke, diabetes and kidney disease. Anyone who has not been diagnosed with any of these conditions will be invited (once every five years) to have a check to assess their risk of heart disease, stroke, kidney disease and diabetes. They will then be offered advice and support to help manage or reduce that risk. If you currently do not attend for regular monitoring of any of the above conditions, or hypertension you may be entitled to book in. It takes one call to book an appointment with our Practice Nurse to have the assessment done and a follow up appointment to discuss results of the assessment.