

OVER 40 HEALTH CHECK

Your experience of the check

NHS Health Checks are for adults in England aged between 40 and 74. After the check, you'll be better prepared to look after your long-term health.

This NHS Health Check offers a series of routine tests that will show your risk of developing heart disease, stroke, kidney disease and type 2 diabetes. These tests will be followed by advice and, if necessary, treatment to help reduce your risk of these diseases and maintain or improve your health.

Why do I need an NHS Health Check?

Everyone has a chance of developing heart disease, stroke, kidney disease or type 2 diabetes. NHS Health Check will help you and your GP or health professional to identify your risk earlier.

You'll then be given advice on what action you can take to lower your risk and improve your chances of a healthier life, such as changes to your diet or drinking habits.

How do I get an NHS Health Check?

If you're aged between 40 and 74 and haven't already been diagnosed with heart disease, diabetes, kidney disease, or had a stroke, you will be invited for your check or can book an appointment at the Health Centre. If you're concerned about your health, don't wait until your NHS Health Check to do something about it. Go to your GP as you would normally.

Adults who have already been diagnosed with one of the four diseases will not be invited for the check, and their condition will continue to be managed as usual.

What happens after my check?

Following your first check, you will be invited for another check every five years until you're over 74. If you're diagnosed with heart disease, diabetes, kidney disease or have a stroke after your first or any subsequent NHS Health Check, your condition will be managed as usual and there will be no need for further checks.

If your GP offers you any medical treatments after your NHS Health Check, such as medicines to lower your blood pressure, your progress on those medicines will be monitored by your GP.

Book an Appointment at the Health Centre to have your Health Check in one of our Health Check Clinics.