



**Invitation for:  
Your Annual Health Check and Health Action Plan**

Dear.....

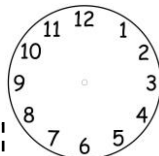
**We would like you to come for your Annual Health Check.** The health check is important to make sure that you are healthy and that you are getting the right help. The nurse or doctor at the health check will have access to your medical notes. You can ring someone with you. Your health check takes 45 minutes.

Insert a picture of  
your nurses/staff here

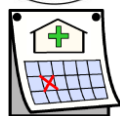
One of our nurses will do your health check. Your health check is very important. It will make sure you stay fit and healthy.

Please come for your **Annual Health Check** on:

Insert a picture of your  
surgery here.



**Date:**.....



**Time:**.....



**At: ...**

**Tel:**



**Important**  
Please bring a urine sample to your appointment. You can get one from your doctor's surgery or a chemist.

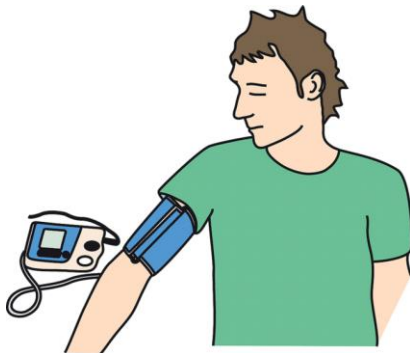


## What will happen during the health check?

The nurse will ask questions about your health like:

- What food you eat
- If you smoke or drink alcohol
- If you have any problems like epilepsy
- If you have problems with your eyes and ears
- If you have any other conditions that are concerning you

The nurse will ask to check your blood pressure.



The nurse might ask you to have a blood test. In a blood test the nurse uses a needle and syringe to take a little of your blood. This is sent away for analysis to see if there is anything your doctor should be concerned about. If you have any worries about this you can speak to the nurse.

The Doctor or Nurse will check what medicine you take. Please bring



them with you.



At the end of the appointment, you will get a **Health Summary**. You can ask the nurse to explain this.

Keep it with your **Health Action Plan**.