

Frequently asked questions

What is the YorWellbeing service?

The YorWellbeing service is led by City of York Council's public health team and aims to provide information, advice and support to residents who want to live a healthier lifestyle.

There are many things that affect how healthy and well a person is.

Working with communities the YorWellbeing service will:

- provide advice and support on lifestyle factors such as healthy eating, physical activity, alcohol and smoking
- encourage positive lifestyle and behaviour changes
- improve the health and wellbeing of York residents.

Do you do online health checks?

Yes we do! It is quick and easy and will help determine your health risks. Depending on your results, if you are eligible, you may be invited to a one to one health check. Check out our website at www.yorwellbeing.org.uk

What does a one to one YorWellbeing health check involve?

The free health checks are delivered by the YorWellbeing officers in City of York Council's public health team. Appointments last an hour and are offered in a private setting and a non judgemental way.

We offer a range of tests: blood pressure, cholesterol, diabetes risk, BMI measurement, and advice on alcohol, smoking, diet and exercise, as well as a personalised lifestyle goal setting plan. All of our tests are optional.



Who is eligible for a free personal health check?

You are eligible if you are aged 40-74 and do not have one of the following health conditions...

- coronary heart disease
- chronic kidney disease (stages 3, 4, or 5)
- diabetes
- high blood pressure
- atrial fibrillation
- high cholesterol or prescribed statins to lower your cholesterol
- peripheral arterial disease
- heart failure
- transient ischemic attack (mini-stroke)
- a stroke
- been told you have a $\geq 20\%$ risk of developing cardiovascular disease within the next ten years.

What if I am not eligible for a personal health check but have a concern about my lifestyle?

If you are not eligible due to an existing medical condition and are concerned about your health we advise that you contact your GP. If you are not eligible due to your age we can still offer you lifestyle advice; please visit our website or get in touch.

Where are health checks offered?

We offer health checks in West Offices and at community venues across the city.

Who will you share my health check information with?

Only you and your GP will get a copy of your results. They will not be shared with your employer or anyone else.

Where can I find out more about the service?

Our new website has all the latest information and advice you need.

Check it out at www.yorwellbeing.org.uk.

Alternatively you can call the team on **01904 553377** or email yorwellbeing@york.gov.uk

