

# Get your **free** Annual Health Check



What you need to know  
about yearly health  
checks for people with  
learning disabilities

Anyone who is 14 or older and has a learning disability can have an Annual Health Check.



It is to make sure you are feeling healthy, happy and well.



To make sure if you take any medication it is right for you.



To make sure that if you have any health problems the doctor and nurses can find them early and help to make you better quickly



If there is anything you would like to talk to your doctor or nurse about, you can do this at your appointment.

# What will happen in my Annual Health Check?



The doctor or nurse will probably check your weight and height, listen to your chest, look in your ears, and check your blood pressure.



They will ask you about your diet and how much exercise you do.



The doctor or nurse will check your medication if you are taking any. They may also want to arrange more tests, like a blood test or an ECG scan.



At the end of your Annual Health Check you will be given a Health Action Plan. It tells you what to do to stay healthy.

# How can I arrange an Annual Health Check?



Ring your doctors surgery and ask for an appointment for an Annual Health Check. Tell them you have a learning disability.



Your appointment will last for about 30 minutes.



You can bring a carer or family member with you if you like.

You can find more information about health and learning disabilities from:

[www.wearepeople2.net](http://www.wearepeople2.net)

[www.bradfordpeoplefirst.org.uk](http://www.bradfordpeoplefirst.org.uk)

[www.keighlypeoplefirst.cswebsites.org](http://www.keighlypeoplefirst.cswebsites.org)

[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

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