

Did you know..?

You are likely to be more at risk of heart disease, stroke, diabetes, kidney disease, or dementia if you have a history of heart disease or stroke in your family or you:

- Smoke
- Are overweight
- Are not active enough
- Not eating good diet
- Drink too much alcohol
- Have high blood pressure

How do I book an NHS Healthcheck?

Most GP practices in Devon offer NHS Healthchecks. You can either make enquiries at your GP practice or they will invite you for a Healthcheck.

What happens after my healthcheck?

The person delivering your check will explain your results, give you some tips and advice and tell you about some of the services you can use to help you lead a healthier lifestyle.



Over 60,000 people in Devon have had their **FREE NHS Healthcheck**. Have you had yours?



What people say about the NHS Healthcheck

John aged 48

I never smoked, don't drink much and play golf when I can. I thought I was quite fit. Dad had a stroke when he was my age but he smoked heavily, drank a bit and didn't do any activity. I didn't think it could happen to me. The nurse took my blood pressure and it was that high, having the **NHS Healthcheck** has probably saved my life.

Jane aged 70

Since my **NHS Healthcheck** I have lost 2½ stone. My blood pressure was high and so I decided to do something about it. I now walk daily, cut out salt and eat fish at least once a week.

Nichola in her 40's

I knew I was overweight and could have problems with my cholesterol and heart, but put it to the back of my mind. But the **NHS Healthcheck** is about doing something about it. I was told I could reduce my cholesterol by increasing my activity levels and making some small changes to my eating habits. I didn't need to go onto medication. I now cycle to work daily, started the **Couch to 5k** programme and have lost 1½ stone. People are paying me compliments about how well I look; I feel great.

I have 20 minutes to spare

Even though you might be feeling great, you may still be at risk of diabetes, kidney disease, heart disease and stroke. A **FREE NHS Healthcheck** can help you to reduce these risks and stay healthy. It's free, simple and can take as little as 20 minutes.

Who can have an NHS Healthcheck?

If you are aged between 40–74 then you are likely to be eligible for a NHS Healthcheck.

What happens when I have a Healthcheck?

We ask you some questions about your lifestyle and:

We check your height and weight

We take your blood pressure

We will check your cholesterol

