What happens at your health check

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You will be sent a letter inviting you for a health check





- Your health check will be at your gp practice.
- You can take someone with you

Go to the reception when you arrive at your gp practice

You will be asked to sit in the waiting room



You will be called in for your health



The health check will take about 30 minutes



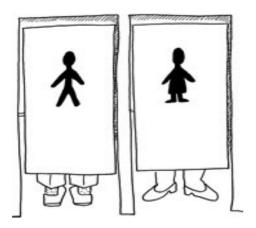
The nurse or doctor will check:

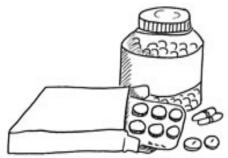
Your blood pressure

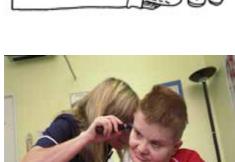


Your weight









Your height

Your urine

That you are taking the right medication

Your ears are healthy



MGLANI

Your eyes are healthy

The nurse or doctor will also ask :

About your seizures if you have epilepsy

If you get constipated

- Women if they want a breast examination?
- You can make another appointment

- Men if they want a testicular examination?
- You can make another appointment











How much alcohol you drink

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If you have a sexual relationship



 How many cigarettes you smoke

How active you are



If you eat healthy food



- Your feelings and
- emotions



Your feet and how well you walk



Write the actions you need to take to stay healthy in your Health Action Plan