

Free Health Check



Information about your Health Check

The person doing your health check will:



Ask how you are feeling and if you have any problems



Measure how tall you are



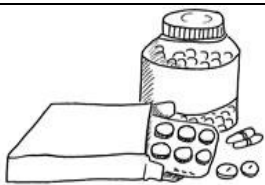
Weigh you



Take your blood pressure.



Ask for a urine sample



Make sure you are taking the correct medication



They may also take a blood test and ask if you have had any injections in the past.




They will also check to see if you have any problems with your eyes, ears and moving about.

They will note down any problems you might have with speaking or communicating.

They may ask you how you feel - do you feel happy, angry or sad? You can talk to them about any problems you might have.

	They will ask if you have any ongoing health problems.
	They will talk to you about different examinations that you may need.

The person doing your health check will give you information on:

	How and why you should do more exercise
	Eating foods that are good for you
	The affects of alcohol



The affects of smoking



If you have a health action plan, please bring this with you to your health check.

If you are not happy with your health check you can call and tell PALS on 0800 183 0912 and someone will talk to you about your experience.