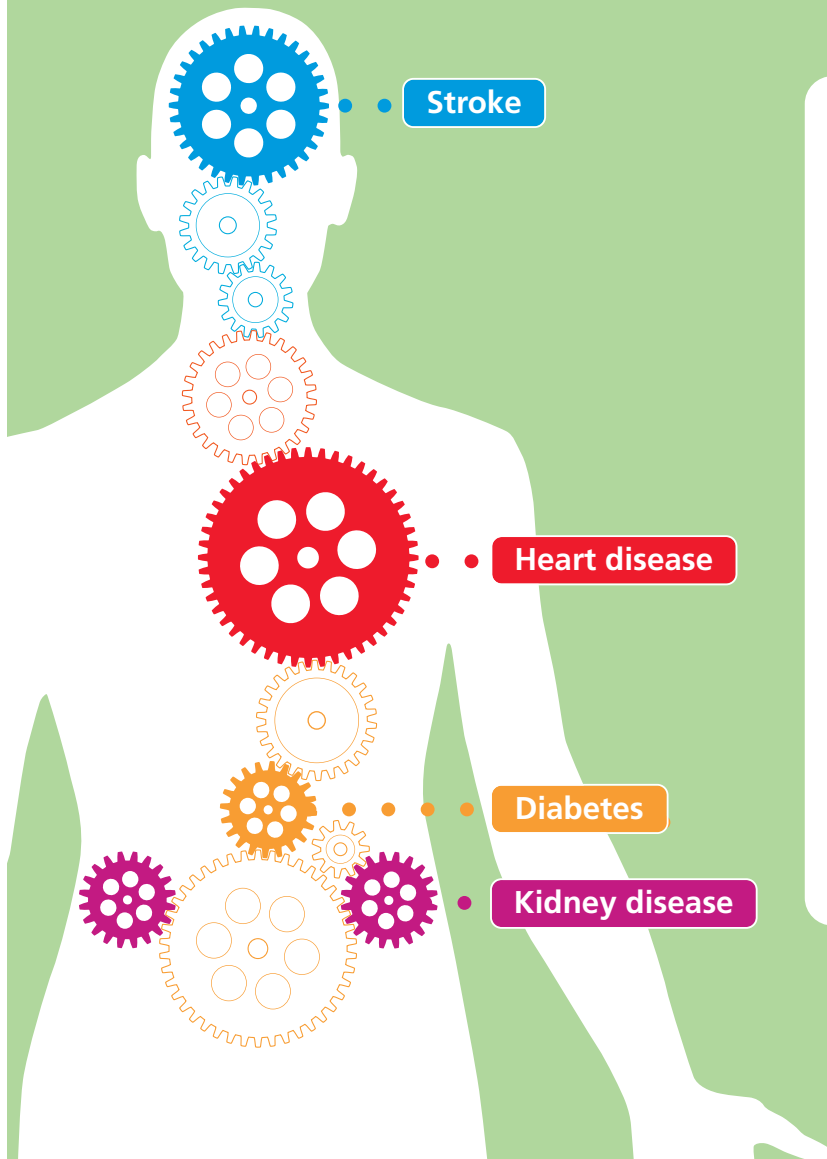


Just 20 minutes of your time to keep you running like clockwork



Health Checks are free, quick and easy

- Your Health Check will assess your risk of developing heart disease, stroke, type 2 diabetes and kidney disease
- Simple questions will be asked about your diet, family history and any medication you are taking
- Height, weight, blood pressure, age, sex and ethnicity will be recorded
- Cholesterol levels will be checked with a simple blood test
- Results will be discussed and explained
- Advice will be given on how to lower your risk and maintain a healthy lifestyle

FREE NHS Health Check for 40-74 year olds

Helping you prevent heart disease,
stroke, diabetes and kidney disease.

Contact your GP to book an appointment