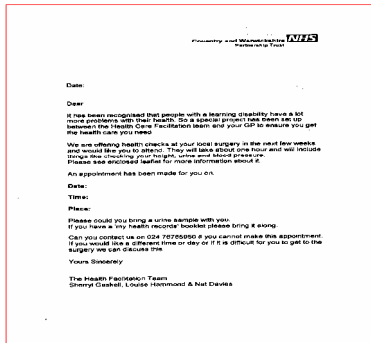


What happens at your health check



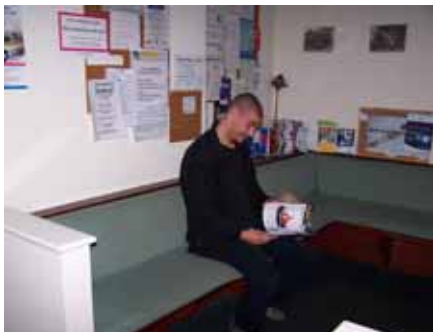
- You will be sent a letter inviting you for a health check



- 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:

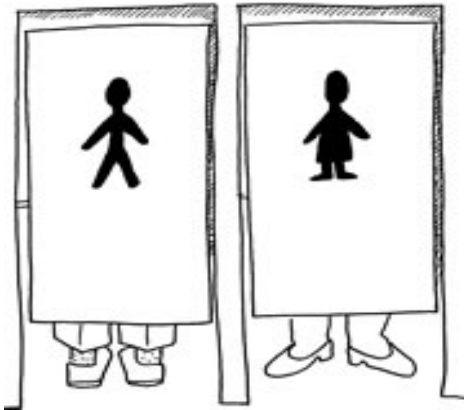
- **Your blood pressure**



- **Your weight**



- **Your height**



- **Your urine**



- **That you are taking the right medication**



- **Your ears are healthy**



- **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**



- **If you have a sexual relationship**



- **How many cigarettes you smoke**



- **How active you are**



- **If you eat healthy food**



- **Your feelings and emotions**
- **emotions**



- **Your feet and how well you walk**



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