

Going for a Health Check



An Easy Read Booklet



You will get a letter to ask you to come in for a health check



You will go to your doctors for the health check



Go to reception and tell them your name



You will be asked to have a seat in the waiting area



The nurse will call your name



The health check will take about 30 minutes.



You will be asked questions and have a check up

Questions you will be asked



Any illnesses your family have



(tablets/pills/inhalers)
Medication you take?



Any illnesses you have had?



Any operations you have had?



Eye test
When did you last go?



Dentist
When did you last go?



Do you have any appointments
at the hospital?



What do you eat and drink?



What exercise do you do?



Do you smoke?

How much



Do you drink?

How much



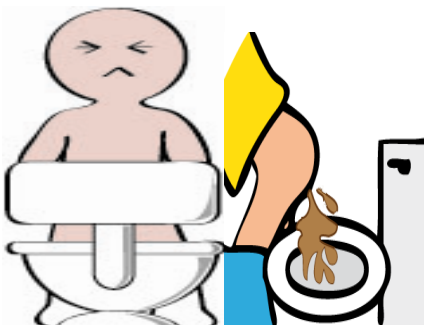
Do you take any drugs?



If you have any allergies?



Any disability



Problems going to the toilet



Mental Health
Do you get stressed and worried?



Immunisations-flu jab
When did you last have them?



If you have epilepsy (about your seizures)

Before your check



You may be asked to
take off your shirt



Shoes



Socks

What will be checked



Check your height



Check your Weight



Check your Blood Pressure



Check your Pulse



Take your blood



Check your Urine



Check your Ears

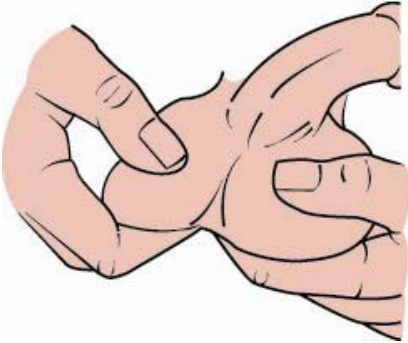


Check your Eyes



Check your Feet

Men's health



Do you check your Balls
(testicles)



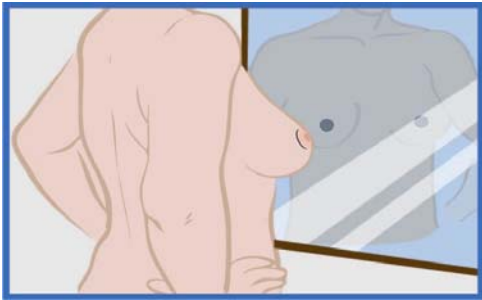
It is important to check your
balls (testicles) often for any
changes.

Check once a month.



Do you use any contraception

Women's health



Do you check your boobs (breasts)

Try to check your boobs (breasts) at least once a month.
At the same time of the month.



The Best time is 1 week after your period.



Have you been for a Breast x-ray (mammogram)



Have you had a cervical smear



Do you use any contraception
Condom or pill