Welcome to

NHS HEALTH CHECK

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

at
Queen Square
Medical Practice

What is an NHS Health Check?

The NHS Health Check is your chance to get your free midlife MOT. For adults in England aged 40-74 without a pre-existing condition, it checks your circulatory and vascular health and what your risk of getting a disabling vascular disease is. This guide explains what happens at the check, when and how you get one, and how to lower your risk.

How do I get an NHS Health Check?

If you're in the 40-74 age group without a pre-existing condition, you may receive a letter inviting you for a free NHS Health Check. Don't worry if you haven't got your invitation yet, as you will be invited for one over the next few years. Alternatively if you fit the age criteria then simply ring the surgery and ask to book your NHS Health Check. You can contact us on **01524 843333**

Why should I get checked?

As we get older, we have a higher risk of developing something dangerous like high blood pressure, heart disease or diabetes. Your NHS Health Check can spot early signs and help prevent these happening to you, which means you'll be more likely to enjoy life for longer.

www.queensquare.org