




You're invited for an NHS Health Check

Residents of Dorset, Bournemouth, Christchurch and Poole are being invited to attend their NHS Health Check this autumn.

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as heart disease, diabetes, kidney disease and stroke.

People may have already been sent letters inviting them for an [NHS Health Check](#) from their local provider but they don't need a letter to book an appointment.

 Anyone aged 40-74, who hasn't had an NHS Health Check in the last five years and who hasn't got an existing condition such as heart disease, diabetes or kidney disease or had a stroke is eligible for a health check.

A health check appointment will take no longer than 30 minutes and residents will be asked some questions about their health and the health of their family.

During the appointment people will have their height and weight measured, blood pressure read and a free cholesterol check.

Cllr Laura Miller, Dorset Council Cabinet Member for Adult Social Care and Health said: "We want people to take up their invitation to have an NHS Health Check. It's free and gives anyone eligible a chance to see how they are doing and maybe what changes they could make to help them prevent getting serious health conditions in the future.

"The health professional who does your health check will also go through your results and see where improvements, if any, could be made."

Cllr Lesley Dedman, BCP Council Portfolio Holder for Adults and Health said: "It's important that everyone looks after themselves. Health checks are a great way of checking you are on the right track to staying healthy.

"Depending on results you will be given advice on what small changes can be done to improve your health and lessen the risk of developing serious health problems. Small changes can make big differences."

[Find out more about health checks and find a list of providers.](#)