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Ymddiriedolaeth GIG
Gwasanaethau Ambiwylans Cymru
Welsh Ambulance Services
NHS Trust



Annual Health Checks

for people with learning disabilities

People with a learning disability can get an Annual Health Check.

In an Annual Health Check a doctor checks if you are healthy.

The doctor can tell you what you need to help you to be healthy.

It is really important for people with a learning disability to have a health check.

People with a learning disability can get more health problems than people who do not have a learning disability.





You can have 1 Annual Health Check every year.

It is a very good idea to go every year.



The health check should take about 45 minutes.

The doctor should ask about lots of things.



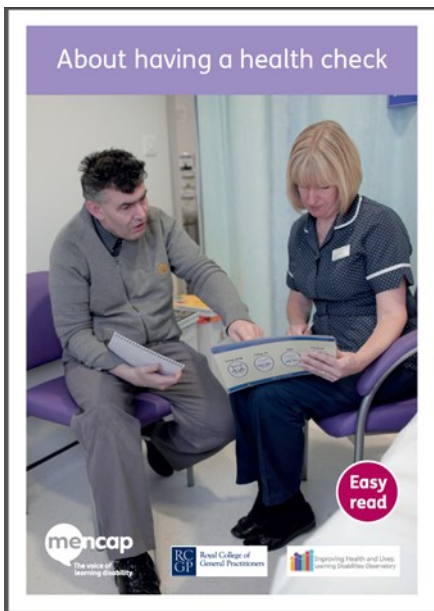
A nurse might help the doctor with some parts of the check.

You might meet with the nurse in another room.



Some doctors surgeries do not do health checks.

If your surgery does not, they should be able to help you find a surgery that does.



If you want more information
 Mencap have made a book called
About having a health check

You can get a copy of the book at
www.mencap.org.uk

Health Action Plan Easy Read

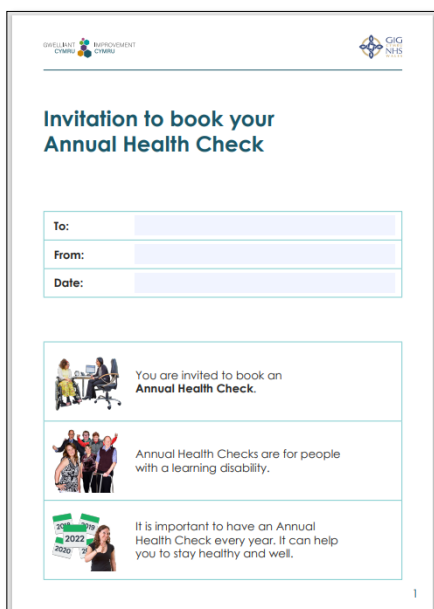
Name: _____ Date of Annual Health Check: _____

My health need	Action: What needs to be done?	Who will do it or who will help?	By when or how often?

Date of review to check how I am doing: _____

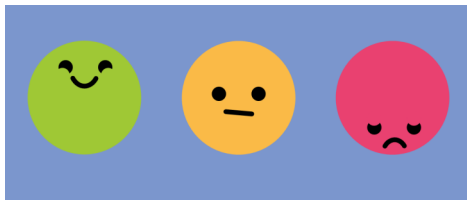
After your annual health check,
 your doctor should help you make
 an easy read **health action plan.**

This is a plan of things you can do
 to help with your health.



Your doctor can send you
 easy read letters when it is time
 for your annual health check.

You can see these on the
[Public Health Wales website](http://PublicHealthWales.org.uk)



How was your experience with us?

Telling us about your experiences and stories is very important.



We really want people to be at the heart of everything we do. We want to make sure that people get the best care and support they can.



Your stories can make a difference to what we do and can help make other people's experiences better.

If you would like to give us feedback about the Welsh Ambulance Service, you can:



Telephone **0300 123 9207**



Email at **PECI.team@wales.nhs.uk**



Or you can visit the **Have Your Say** page on our website

www.ambulance.nhs.wales