

Your Annual Health Check

To:

From:

Date:

Your Annual Health Check appointment is on:



Date:



Time:



Place:



Annual Health Checks are for people with a learning disability.



It is important to have an Annual Health Check every year. It can help you to stay healthy and well.



You do **not** need to be ill to have an Annual Health Check. Even if you feel well you should still have an Annual Health Check.



If you are ill or worried about your health in between your Annual Health Check, make sure you book an appointment with your doctor.



Before you come for your Annual Health Check, please fill in the **Annual Health Check checklist**. This has been sent to you with this letter.



When you come for your Annual Health Check please can you wear loose clothing.



And bring with you **all** the medicine and tablets you take. The nurse or doctor will check that your medicine and tablets are right for you.



You also need to bring some of your wee for testing. This helps to find out things about your health.



We have sent you a small bottle with this letter. On the day of your Annual Health Check, fill this bottle with your wee and bring it with you to your appointment.



At your Annual Health Check, you might see a nurse first.



Then you may see a doctor.



You can ask the nurse or doctor about anything to do with your health. You can tell the nurse or doctor about anything that has been worrying you.

The Annual Health Check is also a chance to talk about **screening**.



Screening means checking people for some types of cancer and other health problems. When cancer and health problems are found early they are easier to treat.

Screening is free. It is offered to people at different times of their lives. For example Bowel Screening is offered to men and women who are 60 to 74 years old.



The nurse or doctor might do some blood tests. These help to find out things about your health. The blood will be taken out of your arm using a special needle. It might hurt a little bit but not for long.

The nurse or doctor will ask you some questions like:



Do you smoke?



Do you drink alcohol?



Are you feeling happy or sad?



When did you last have an eye test?

The nurse or doctor will:



Weigh you



Take your blood pressure



Listen to your chest



Feel your tummy



Look in your ears



Check your eyes

Please tell us if:



You have any questions about your Annual Health Check



There is anything about the Annual Health Check you are worried about



There is anything you need to help you when you come for your Annual Health Check. For example, a hoist or somewhere quiet to wait for your appointment.



You can phone us on



If you need to change or cancel your Annual Health Check, please phone us on

Yours sincerely