

# Free Healthy Lifestyle Services



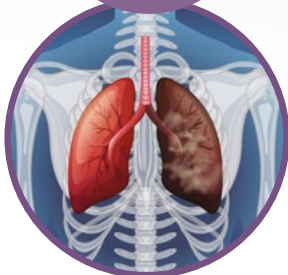
Adult  
Weight  
Management



NHS  
Health  
Checks



Stop  
Smoking



**What do I do now?**

Visit: [staffordshire.everyonehealth.co.uk](http://staffordshire.everyonehealth.co.uk)

Email: [eh.staffs@nhs.net](mailto:eh.staffs@nhs.net)

Tel: **0333 005 0095**



**Turn over to find out more...**

Funded by

 **Staffordshire**  
County Council

 **everyonehealth**  
because everyone matters

# Who can get healthy with us?

## Adult Weight Management

You can lose weight with us if you:

- live in Staffordshire\*
- are 18 or over
- have Body Mass Index (BMI) of 30 or over
- have a BMI of 27.5 with co-morbidities or are Black African, African-Caribbean or Asian origin

To check visit: [www.nhs.uk/live-well/healthy-weight/bmi-calculator/](http://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)



## NHS Health Checks

You can have a NHS Health Check if you:

- live in Staffordshire\*
- are aged between 40 and 74
- have not had a NHS Health Check in the last 5 years
- If you have not had a stroke, diabetes, kidney disease, or heart condition including diagnosed high blood pressure or high cholesterol



## Stop Smoking

We can help you quit smoking if you:

- live in Staffordshire\*
- are aged 18 or over



\*excluding Stoke on Trent

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