

Get a free local Health Check

NHS



Staffordshire residents* ...

If you're aged 40-74, even though you might be feeling great, you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A free NHS Health Check can help you reduce these risks and make sure you stay healthy.

What do I do now?

Visit: staffordshire.everyonehealth.co.uk

Email: eh.staffs@nhs.net

Text: **HEART** to **60777** Tel: **0333 005 0095**



*Excluding Stoke on Trent.

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**It's
Free**

Questions you may have?



Who is eligible for a health check?

You can have an NHS Health Check if you're aged 40 to 74 and you have not had a stroke, diabetes, kidney disease, or heart condition including diagnosed high blood pressure or high cholesterol.

But don't these conditions run in the family?

If you have a history of heart disease, stroke, type 2 diabetes or kidney disease in your family then you may be more at risk. Taking action now can help you to prevent the onset of these conditions.

I know what I'm doing wrong... How can a health professional help me?

If you would like help, we will work with you to find ways for you to eat healthily, reach your healthy weight, be more active, cut down your drinking or stop smoking.

If I am assessed as being at 'low risk', does this mean I won't develop these conditions?

It is impossible to say that someone will or won't go on to develop one of these conditions. But taking action now can help you lower your potential risk.

Even if you're feeling well, it's worth having your NHS Health Check now. We can then work with you to lower your chances of developing these health problems in the future.