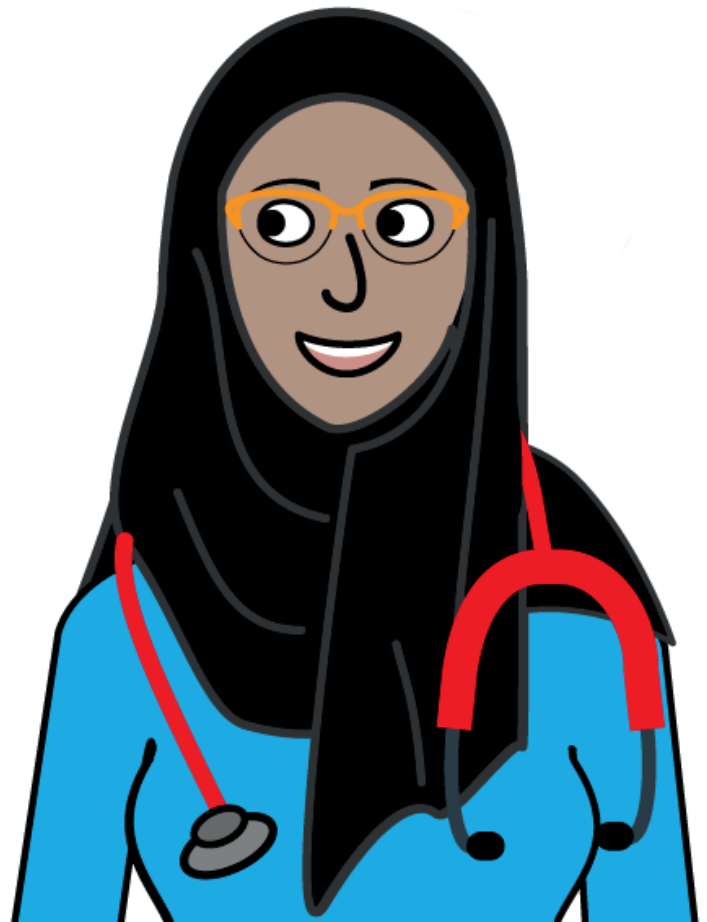
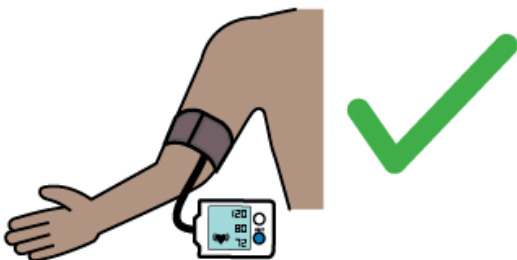
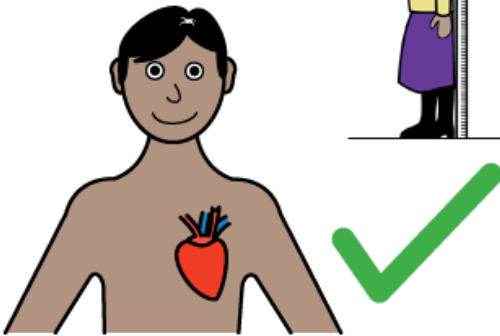
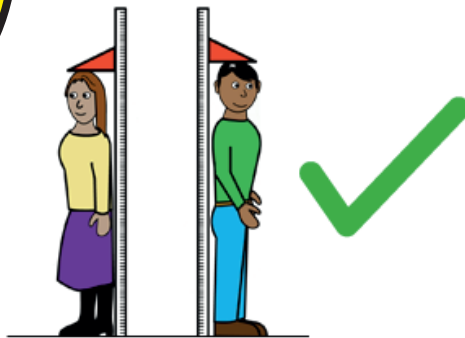




Annual Health Check

For People with a Learning Disability

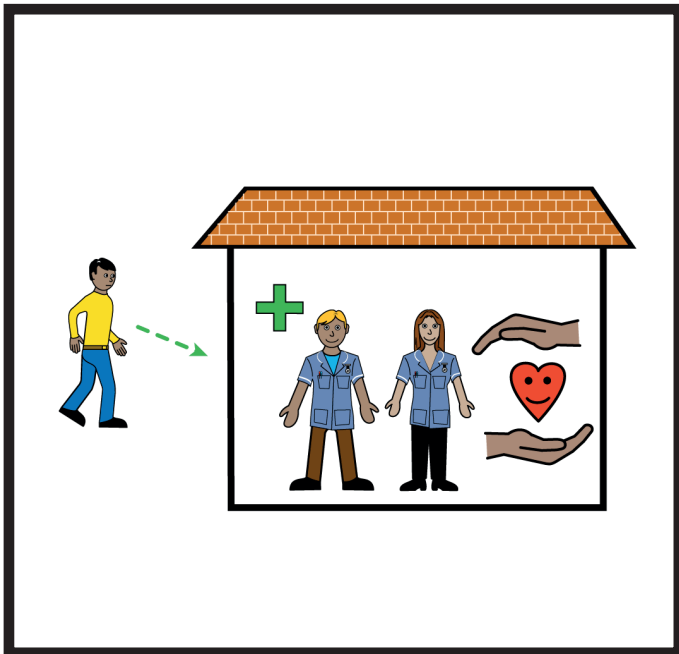
Easy
Read



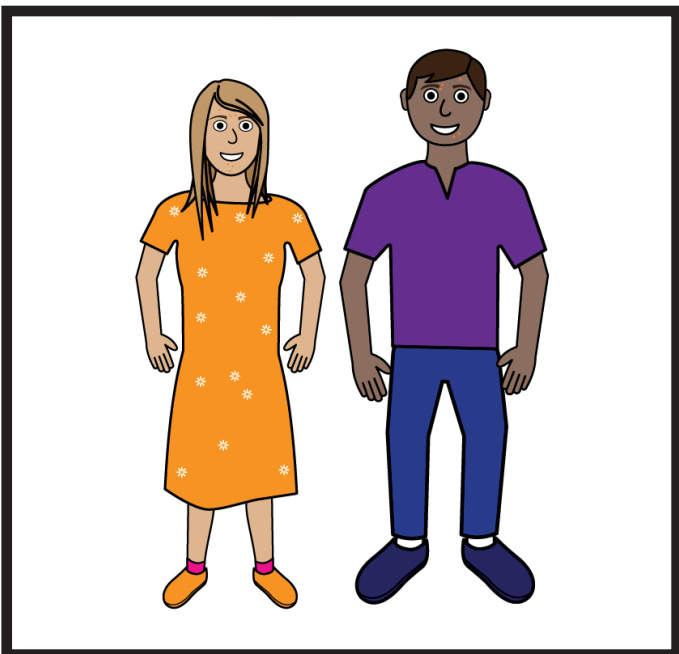


This booklet uses easy words and pictures.

You might want to ask someone to help you read it.



If you have a Learning Disability you can have a **free Annual Health Check** at your GP surgery. Annual means it's done **once a year**.



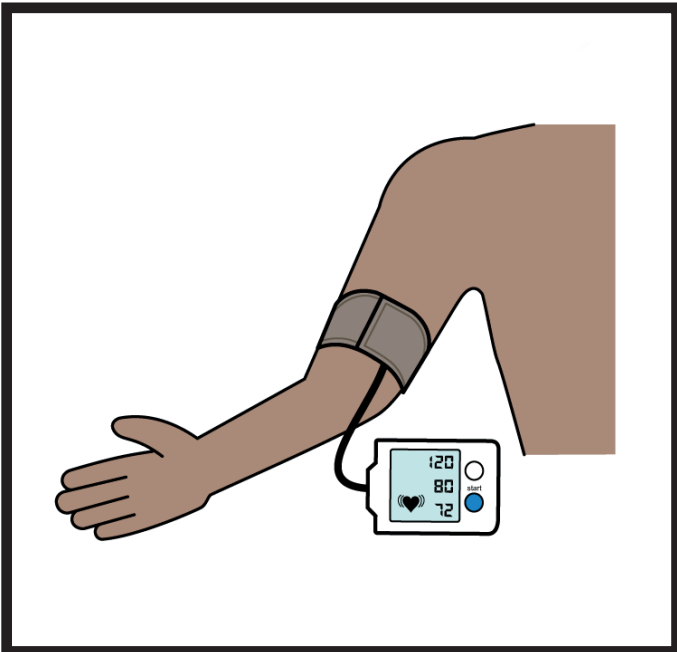
Anyone who is **aged 14 years or older** who has a learning disability can have an Annual Health Check. It will help you stay healthy.

You, or your carer, can contact your GP surgery to book your Annual Health Check.



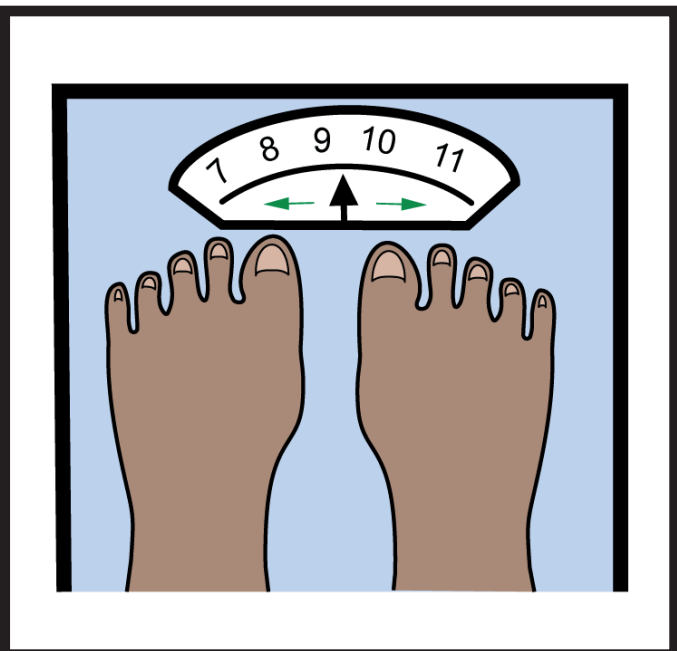
The Annual Health Check usually takes place at the GP surgery. A doctor or nurse will talk to you and your carer about how you are feeling.

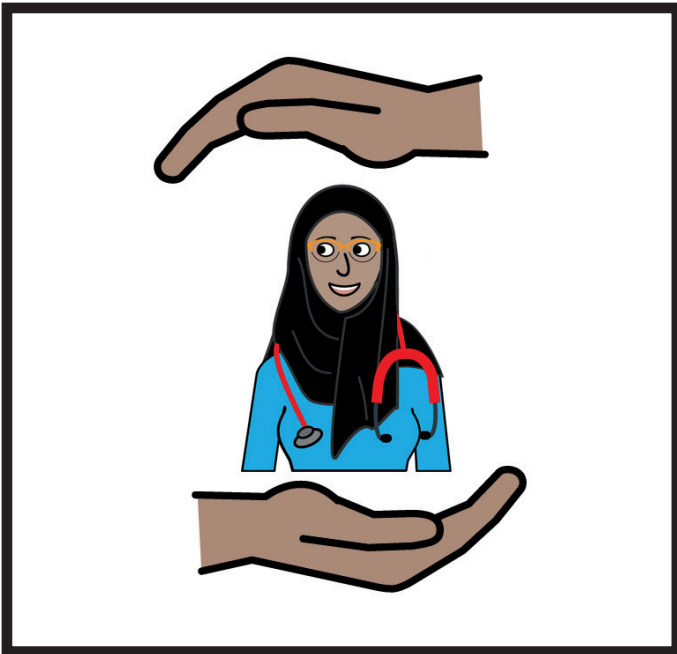
They will ask you questions about your health.



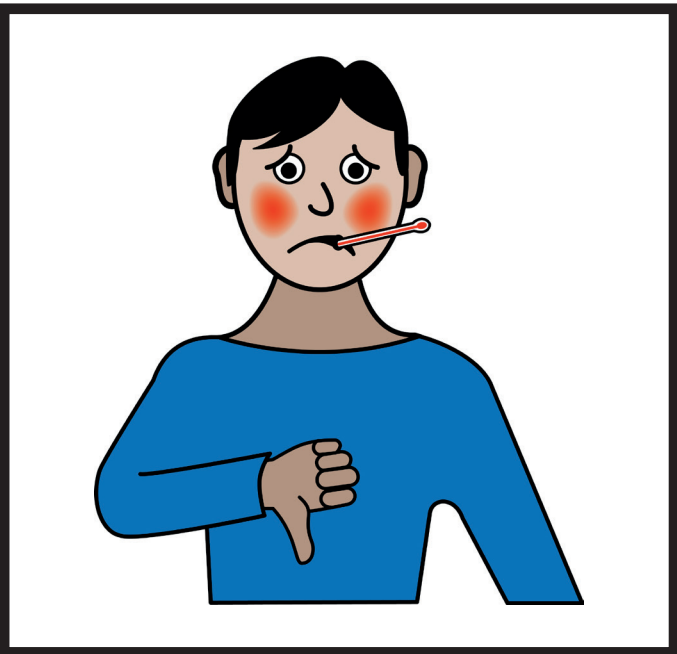
They will ask to do some checks, including:

- Measure your **heart rate** and **blood pressure**
- Measure **how tall you are** and **what you weigh**
- **Look inside your ears**
- **Check your eyes**
- Talk about **what medicine/s you take**
- Do **blood tests** or **check your wee** (but only if needed).





You can take your time at your Annual Health Check. You can say no if you do not want to do any part of the health check. Remember that the doctor or nurse is there to help you.



Your health check will help you:

- Learn how to **stay healthy**
- Spot any **illness** before it **gets worse**
- Get **help and advice** about your health when you need it, from the **right person**.



You do not need to wait for your Annual Health Check if you feel unwell but should contact your GP surgery if needed.