

Having a Health Check



An **Easy Read** Guide



A doctor or a nurse will do your health check with you at your GP Surgery.



It can take between 30 minutes and 1 hour.



You will be asked questions and have a checkup.



You can bring someone who knows you well.



Questions you may be asked



Dentist

- When did you last go?
- When is your next appointment?



Optician

- When did you last go?
- When is your next appointment?



Chiropodist

- When did you last go?
- When is your next appointment?

Going to Hospital



- Do you go to hospital for appointments?
- Which hospital do you go to?
- What do you go to hospital for?
- What specialist do you see?
- When did you last go?
- When is your next appointment?
- Have you had to stay in hospital?



Lifestyle questions about issues like:



- Smoking



- Drinking



- Drugs



- Exercise



- Diet



- Previous health issues



- Illnesses you have had



- Operations you have had

Medicines you take



- Ointments
- Creams
- Liquids
- Pills
- Injections

Any allergies you have



- Medicines
- Insects
- Foods
- Light sensitivity



Any disabilities you have

- Physical
- Sight
- Hearing



Epilepsy - If you have epilepsy



Eating and drinking



- Special foods you need



- How your food is prepared and how you eat



Going to the toilet

- You may be asked for a urine sample
- You may be asked about your Bowels



Mental Health, things like stress and worry



Immunizations - like flu jabs

When did you last have them?



Family health history

If you know of any illnesses members of your family have had it is good to tell the doctor or nurse about them.



GP Surgeries may not all do a health check in exactly the same way.

They may not all ask these questions and may not ask them in the same order.



As well as asking you questions the Doctor or Nurse may do some tests.

These tests are to check that you are healthy.



The Doctor or Nurse will use equipment to do some of these tests.

You may need to take off some of your clothes.



Tests the Doctor or Nurse may do with you



Check your blood pressure and pulse



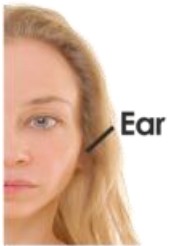
Heart sound and breathing



Check your height



Your weight



Ear

Check your ears



Eye

Check your eyes



Feet

Check your feet



Stomach

Check your tummy



Check your walking



Men's Health - only checked with men



Testicles

Testicular exam



Contraception



Women's Health - only checked with women



Breasts

Breast exam



Cervical smear



Contraception



After your Annual Health Check, you Doctor will give you a list of any other checks you will need (if any)



You can add this to your Health Action Plan