

# WHAT WILL HAPPEN AT MY HEALTH CHECK

## **Step one: Your details**

We will ask you for some details so we can register you on our secure system.

## **Step two: Blood pressure**

We will then take your pulse, blood pressure, and some measurements, such as your height and weight. We will also take a finger prick blood sample to analyse your cholesterol and your blood sugar.

## **Step three: Lifestyle and family**

Next, we will ask some questions about you, your lifestyle and your family's medical history.

## **Step four: Results**

With all this information, we can then share your results with you and identify ways that improvements could be made and how we can further support you if required.

## **Step five: Survey**

You will be asked to complete a short survey to help review the NHS Health Check programme. [Click here](#) TBC

## **Step six: Results sent to GP**

Following the completion of your NHS Health Check, the data and results will be sent securely to your GP.

<https://suffolkfed.org.uk/>

Email: [sgpfed.healthchecks@nhs.net](mailto:sgpfed.healthchecks@nhs.net)

Contact number: 07938 735373

## Why have an NHS Health Check?

The NHS Health Check is a health check-up for adults in England aged 40 to 74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

## How can I improve my results?

### Losing weight

Reducing your BMI can help with many red flags that may come up in a health check. Not only will reducing your weight help your joints, it will also reduce the stress on your heart and reduce your blood pressure.

Take a look at our [adult weight management](#) programme which provides free support to help you achieve your weight loss goals.

### Reducing blood pressure

Cutting down on salt (to 6g a day) and caffeine.

### Your cholesterol

If your cholesterol test shows results outside the healthy range, your health professional will provide advice to help lower your cholesterol through dietary changes. You may also want to contact your GP about available medications for this issue.

### Your physical activity score

As part of your health check, you will be given a physical activity score. There is an increasing amount of evidence to suggest that increasing your physical activity levels can reduce your chance of developing conditions such as high blood pressure and even dementia!

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It is recommended that everyone should do at least 150 minutes of physical activity per week. This can be spaced out through a week, please [see this page on the NHS Website about exercise](#).

Our [Get Help To Get Active](#) programme will be able to support you with this. Our Active Lifestyle Practitioners offer 12 months of tailored support which could help you to improve your general wellbeing and enhance your quality of life.

### **Cutting back on drinking**

Men and women are not advised to drink more than 14 units a week. This is roughly equivalent to 6 pints of beer, or 6 glasses of wine. For more information please [visit the Drink Aware website](#).