

Useful Information

Suffolk -

Feel Good Suffolk - <https://feelgoodsuffolk.co.uk/>
Supporting with weight management, exercise & stop smoking advice

Waveney -

ActiveNOW - <https://improvinglivesnw.org.uk/active-now/>
Supporting with exercise and weight management

SmokeFree Norfolk - <https://smokefreenorfolk.co.uk/>
Stop smoking advice and support

All areas -

Turning Point - <https://www.turning-point.co.uk/>
Advice and support for alcohol consumption

NHS - <https://www.nhs.uk/>
Has resources, information and contact information for a range of services and much more.

Your NHS Health Check was completed by:

Name:

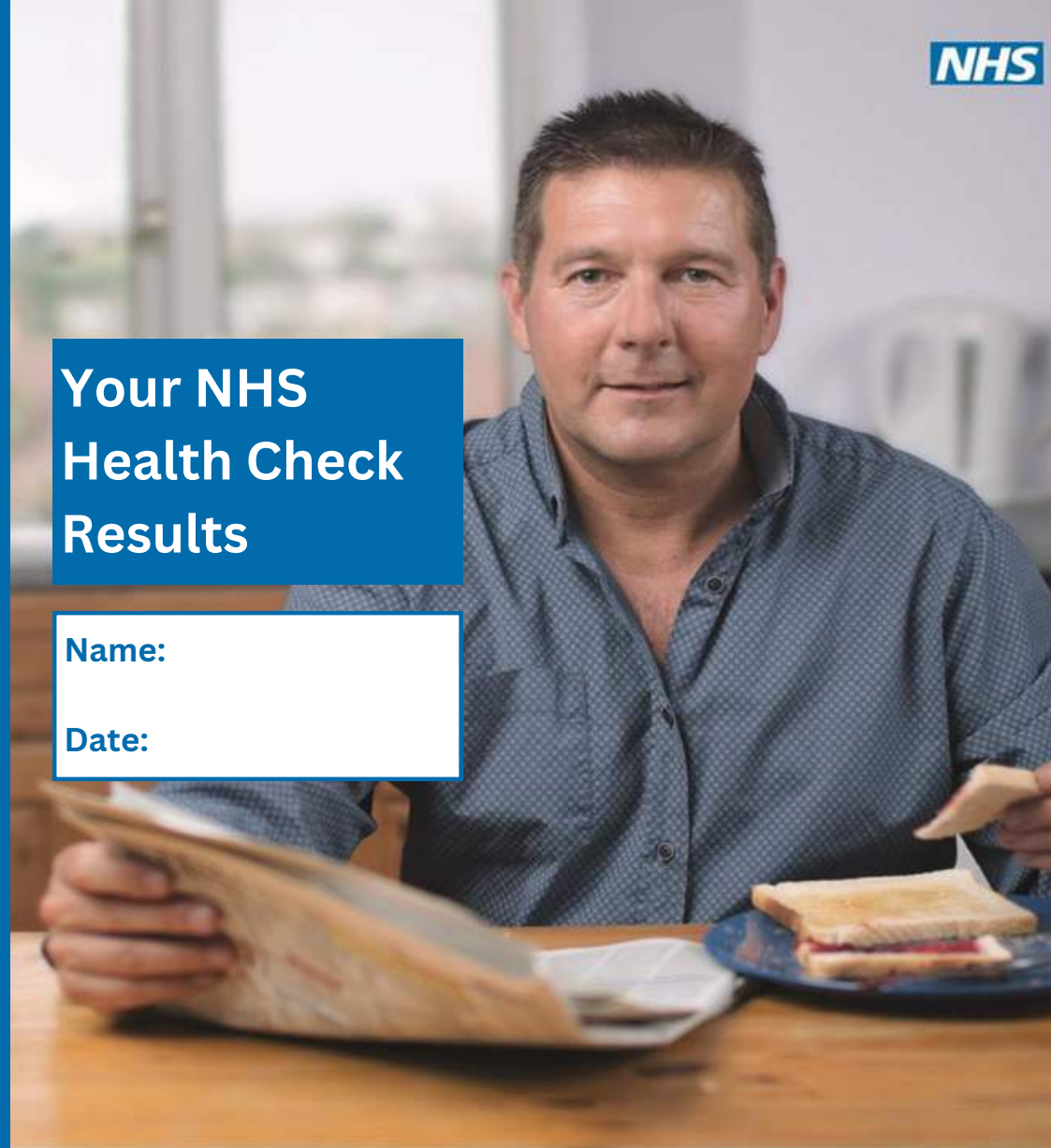
Contact Information Tel No:
Email:

Date:

Your NHS Health Check Results

Name:

Date:



NHS HEALTH CHECK

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

Contact: sgpfed.healthchecks@nhs.net
Website: www.suffolkfed.org.uk

What small things can you start to change today?

What do you want to work on over the next month?

What is your goal?

On a scale of 1 to 10 how confident are you? (1 = not confident, 10 = Confident)



What could stop you?

Who can help/support you?

How can you reward yourself when you achieve your goal?

Height:

Weight:

My Reading

Blood Pressure	Above 140/90		Below 140/90
Activity	Inactive	Moderately Active	Active
Smoking	Smoker	Passive	No
BMI	30 Or More 27.5 Or More if Asian	25 - 29 23 - 27.4 if Asian	25 Or Less 22.9 of less if Asian
Alcohol			
Cardiovascular Risk (%) **	20% or above	10 - 19%	10% Or Less

** This means your risk of developing cardiovascular disease.