

Over 40? Did you know you could have a free NHS Health Check

Across Cornwall people aged between 40 and 74 are being invited for a FREE NHS Health Check

The aim is to help reduce the risk of developing serious conditions such as heart disease, stroke, diabetes and kidney disease. The great news is many of these illnesses can be prevented with some simple changes in lifestyle, even if you have a history of them in your family

What is a Health Check?

- The check is to assess the risk of developing heart disease, type 2 diabetes, kidney disease and stroke and takes about 20-30 minutes
- Some simple questions will be asked about family history and current medication
- Height, weight, age, sex and ethnicity will be measured along with blood pressure and cholesterol

Who can have a health check?

Men and women between the age of 40-74 who **DO NOT** have any of the following disease



- Diabetes
- Coronary Heart Disease or previous heart attacks
- Stroke or mini strokes
- Chronic kidney disease
- Peripheral arterial disease and Atrial fibrillation (AF)
- High blood pressure
- High cholesterol

What happens after the check?

People will be offered support to reduce their risk and stay healthy

- Advice will be personalised on how someone can reduce their own risk
- Support with making any changes to lifestyle

Where can I get a health check?

- GP's – **watch out for the invite or ask your surgery for details**
- Some people may be offered a Health Check in their workplace or other community venue

More information available at [NHS Health Check](#)

