

My risk score is.....

My overall health risk is **low** **moderate** **high**

What my score means:

0-10% Low	You have less than a 10% chance of a heart or circulation problem in the next 10 years.
10-20% Moderate	You have a 10-20% chance of a heart or circulation problem in the next 10 years.
20% High	You have more than a 20% chance of a heart or circulation problem in the next 10 years.

### My action plan

Following my NHS Health Check I pledge to do the following to reduce my risk of kidney disease, heart disease, diabetes, and stroke by:

1. ....
2. ....
3. ....



The following websites may help me get healthier and live longer:

Leicester City Council public health: [leicester.gov.uk/ourhealthycity](http://leicester.gov.uk/ourhealthycity)

NHS choices: [nhs.uk](http://nhs.uk)

One You: [nhs.uk/oneyou](http://nhs.uk/oneyou)

Get Healthy Leicester: [www.gethealthyuk.com](http://www.gethealthyuk.com)

Leicester City Council are working with Leicester City Clinical Commissioning Group to deliver NHS Health Checks to all eligible residents aged 40 – 74.

The NHS Health Check will help you by assessing your risk of developing cardiovascular health problems and, if required, give you personalised advice on how to reduce that risk.

You will need a NHS Health Check every five years to make sure you are still on track for a healthier life.

**Call your GP today to book your FREE NHS Health Check.**

Leicester City Council is responsible for improving public health in Leicester. Public Health services promote good lifestyle choices, help to prevent ill health and support people to live longer and healthier lives.

W: [leicester.gov.uk/healthchecks](http://leicester.gov.uk/healthchecks)

f /leicestercitycouncil

Leicester\_news



# health Free MOT book yours now

Helping you reduce your risk of heart disease, stroke, diabetes and kidney disease



Get your free NHS Health Check to help keep you ticking over for longer.



[leicester.gov.uk/healthchecks](http://leicester.gov.uk/healthchecks)

## Why do I need an NHS health check?

As you get older, your risk of developing certain cardiovascular conditions such as heart disease, stroke, type 2 diabetes and kidney disease increases.

Anyone can develop these conditions, and having one could increase your risk of developing others in the future.

Certain lifestyle choices can also increase your risk, such as:

- **Being overweight**
- **Lack of exercise**
- **Smoking**
- **Drinking more than the recommended amount**

Factors such as high cholesterol, a family history of cardiovascular disease and your ethnicity can also increase your risk of developing one of these conditions

If undiagnosed these health issues can damage your long term health.

Think of your NHS Health Check as an MOT for your body, even if you're feeling well, it's important to have your NHS Health Check to make sure you are 'running' the best you can.

Once you have had your check, you will be given personalised advice on how to reduce your risk of developing health problems in the future.

**You should have a NHS Health Check every 5 years.**

## About the NHS Health Check

- The check only takes 20-30 minutes and is carried out at your GP practice.
- You will be asked some simple questions about your family history, lifestyle and any medication you might be taking.
- Your age, height, weight, sex and ethnicity will be recorded.
- Your blood pressure will be recorded.
- We will carry out blood tests to help assess your risk of developing heart disease and diabetes.

### What happens after the NHS Health check?

#### At the follow up appointment:

- You'll be taken through your results and told what they mean.
- You'll be given personalised advice on how to lower your risk and maintain a healthy lifestyle.

### Will I need more tests?

- Some people with raised blood pressure will have their kidneys checked through another blood test.
- Treatment or medication may be prescribed to help you maintain your health.
- High risk patients will receive a second check to help manage their condition.



## Your personal health prescription

Date ...../...../.....

Name .....

D.O.B ...../...../.....

Gender.....

Ethnicity.....

Height (in m) .....

Weight (in kg) .....

BMI (kg/m<sup>2</sup>) .....

Your BMI should be below 25 for optimum health (or 23 if you are of Asian ethnicity)

Blood Pressure ...../.....

(Your blood pressure should be between 90/60 and 120/80)

## Lifestyle factors

I smoke ..... cigarettes a day

I drink ..... units a week

I exercise for ..... minutes a week/..... a day

