

Invitation to book your Annual Health Check

To:

From:

Date:



You are invited to book an
Annual Health Check.



Annual Health Checks are for people
with a learning disability.



It is important to have an Annual
Health Check every year. It can help
you to stay healthy and well.



You do **not** need to be ill to have an Annual Health Check. Even if you feel well you should still have an Annual Health Check.



If you are ill or worried about your health in between your Annual Health Check, make sure you book an appointment with your doctor.



When you come for your Annual Health Check, you might see a nurse first.



Then you may see a doctor.



You can ask the nurse or doctor about anything to do with your health. You can tell the nurse or doctor about anything that has been worrying you.



Your Annual Health Check should take **at least 30 minutes**. It might take up to 1 hour.

The nurse or doctor will ask you some questions like:



Do you smoke?



Do you drink alcohol?



Are you feeling happy or sad?



When did you last have an eye test?

The nurse or doctor will:



Weigh you



Take your blood pressure



Listen to your chest



Feel your tummy



Look in your ears



Check your eyes



When you come for your Annual Health Check please can you wear loose clothing.



You can bring someone with you to your Annual Health Check if you want to. This can be a friend, advocate, support worker or someone from your family.



CONFIDENTIAL

You can also talk to the nurse or doctor in private if you want to.



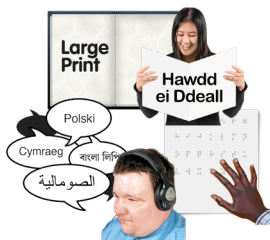
You can say **no** or **stop** at any time if there is something in the Annual Health Check that you do not want to do.



To book your Annual Health Check appointment please phone us on:



Please let us know if there is anything you need to help you before you come for your Annual Health Check. **For example:**



- Information in another language. Or in a different way, like Braille or large print.



- Help with communication, for example a hearing loop or someone who understands sign language.



- Somewhere quiet to wait for your appointment.



- A hoist to help you out of your wheelchair.

We hope to hear from you soon.

Yours sincerely