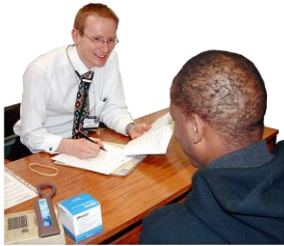# Get your Physical Health Check

What is a Physical Health Check?

A Physical Health Check is for someone with a severe mental illness.

This could be things like schizophrenia, bipolar or psychosis

A Physical Health Check is usually done by your doctor or a nurse once a year. The check is done to help you stay healthy

You can get a Physical Health Check if you are aged 18 or over

Why is it good to have a Physical Health Check?

You can talk to a health professional about anything you might be worried about

If there is anything wrong then the doctor or nurse can sort it out before it gets worse

Get your Physical Health Check

What happens at a Physical Health Check?

The doctor or nurse may do these things:

- Measure your blood pressure

- Measure your weight and height

- Ask questions about your lifestyle, like whether you smoke or drink alcohol and how much

- Do a blood glucose test

- Do a blood lipid test, which includes your cholesterol

- Ask you about any medicines you are taking

- Speak to you about ideas for staying healthy

Get your Physical Health Check

? **What happens after a Physical Health Check?**

You will talk about the results and agree next steps. These might be:

Talk about personal physical health goals

Get help and support to be more healthy

Make an appointment for another check in 12 months time

Get your Physical Health Check

 Top tips for your Physical Health Check

 Ask the doctor or nurse to explain anything you do not understand

 Agree with the doctor or nurse what the next steps are

 Think of a Physical Health Check as an MOT and expect to have one each year