

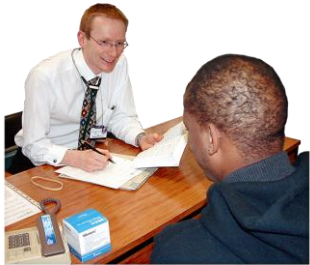
Get your Annual Health Check



What is an Annual Health Check?



Annual Health Checks are for people with a learning disability over 14 years old.



An Annual Health Check is usually done by your doctor or a nurse once a year.

You can ask them about anything that is hurting or worrying you.



The check is done to help you stay healthy. You don't need to be ill to get a health check.



Why is it good to have an Annual Health Check?



You can get to know your doctor. They can give you ideas about how to stay healthy.

You can talk to a doctor or nurse about anything you might be worried about.



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

Get your Annual Health Check



What happens at an Annual Health Check?

A doctor or nurse may:



Check things about your body, like your heart and blood pressure.



Take some measurements, like your height and weight.



Ask you about any medicines your are taking.



Ask you about your lifestyle, like what you eat and if you smoke or drink alcohol.



Check your blood and your wee.

Your doctor or nurse can do things to make your health check easier. Like giving you more time or speaking slowly.

Ask them if you need any extra help.

This is called a reasonable adjustment.



Get your Health Action Plan



Ask your doctor to give you a health action plan at your Annual Health Check.



A health action plan is written by you and your doctor.



Your health action plan tells you the things you need to do to keep healthy.

Things like getting enough exercise or eating healthy food.



Your health action plan says how you will get the support you need with your health.

Like how your doctor can make sure your appointments are easy to understand.

Your plan should say if you need things explained or in easy read.



Tips for your Annual Health Check



Top tips for your Annual Health Check.



Ask the doctor to explain anything you do not understand.



You can bring someone with you if you like.



Take your time.



You can say no if there is a part of the health check you do not want to do.



Remember, your doctor is there to help you, so you do not need to feel worried.

**Race
Equality
Foundation**

LDE
Learning Disability England



This leaflet was made by the Race Equality Foundation, Learning Disability England and Lewisham Speaking Up.

www.raceequalityfoundation.org.uk
www.learningdisabilityengland.org.uk
www.lsup.org.uk