

You are now due to attend your **Free NHS Health Check**.

These checks are being offered to people aged between 40 and 74 once every five years.

The check is to assess your risk of developing heart disease, diabetes, stroke, kidney disease and vascular dementia. Spotting heart problems early on can help prevent you from developing dementia later on in life.

The check should take about 20-30 minutes and is based on straightforward questions, measurements and a simple blood test. If you are male, the blood test will also check your 'PSA level'. PSA levels can indicate if you are at risk of prostate cancer. In short, this test could save your life.

Once completed you will receive free personalised advice about what you can do to stay healthy and address any warning signs. By taking early action, you can improve your health and prevent the onset of these conditions. Please do not let COVID put you off attending for this important health check.

For more information about your NHS Health Check and how it could benefit you visit www.pompeyhealthchecks.com

Please telephone the surgery on 02392 009 191 and we will arrange a suitable time for you to come in for your free NHS Health Check.

Everyone is at risk of developing heart disease, diabetes, stroke, kidney disease and vascular dementia. The good news is that these conditions can often be prevented - even if you have a history of them in your family.

- NHS Health Checks are free
- Your NHS Health Check will assess your risk of developing heart disease, type 2 diabetes, stroke and kidney disease
- You will be provided with simple, practical and realistic steps to help you reduce any risk and stay healthy.

What happens at the check?

- The check will take about 30 minutes
- You'll be asked some simple questions about your family history and any current medication
- We'll record your height, weight, age, gender and ethnicity
- We'll take your blood pressure and do a simple blood test
- We'll ask a few simple lifestyle questions
- We will discuss how we can support you to stay healthy and reduce your risk
- You will be advised about the other services to help maintain your health and treatment or medication may be recommended.

FREE Diabetes Prevention Programme

Do you meet the referral criteria?

- No previous diagnosis of diabetes
- Not currently pregnant
- Have abnormally high blood glucose (blood sugar) level in the blood (and not Diabetic).

Please ask at your NHS Health Check appointment about your eligibility to attend the FREE Diabetes Prevention Programme and how you could benefit from this scheme.

It can be tough to make lifestyle changes but with the right help it is possible to make simple changes to your diet, weight and the amount of physical activity that can significantly reduce your risk, or even stop you, developing Type 2 diabetes.

What is it about?

This is ten-month programme which offers group sessions with practical advice:

- Sessions are held in a local venue, in groups of up to 20 people with ongoing 1:1 support in daytime and evening sessions
- Learn to understand your risk, healthy eating to reduce your risk, weight management and physical activity, balancing food and activity, managing challenges and maintaining a healthy lifestyle.

For further information please visit: <http://www.stopdiabetes.co.uk/get-involved.php>.

The information from your NHS Health Check will be held on our confidential database and is covered by the Data Protection Act 1998. To ensure we are looking after the health of everyone in Portsmouth, we intend to share information with NHS Portsmouth CCG, Portsmouth City Council and Public Health England for reporting purposes. Please let your GP know if you do not wish to share this information.

Please visit www.pompeyhealthchecks.com for more details.