Annual Health Checks





Easy Read



What is an Annual Health Check?



Annual Health Checks are for people with a learning disability.



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



It is there to help you stay healthy.



You can get an Annual Health Check if you are aged 14 or older



Most people with a learning disability can get an Annual Health Check



Why is it good to have an Annual Health Check?



You can talk to your doctor about anything you are worried about.



You can get to know your doctor better



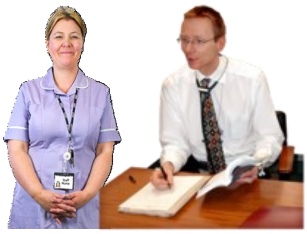
You can get ideas about how to be more healthy



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



What happens at your Annual Health Check



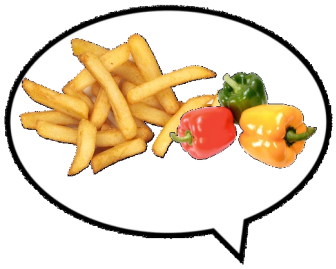
A doctor or nurse from your surgery may:



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



- Ask about any medicines you are taking



- Ask about the food you eat



- Check your blood and your wee



- Ask about how you are feeling



Top Tips for your Annual Health Check



You can bring someone with you if you like.



Ask the doctor to explain anything you do not understand



Tell the doctor how you really feel, it will help them to help you.



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.



Health Action Plans



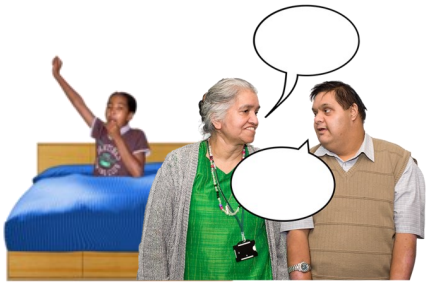
Ask your doctor to give you a health action plan at your Annual Health Check.



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.



Like getting enough sleep or talking to someone when you feel worried.



It 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.