

Annual Health Checks





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



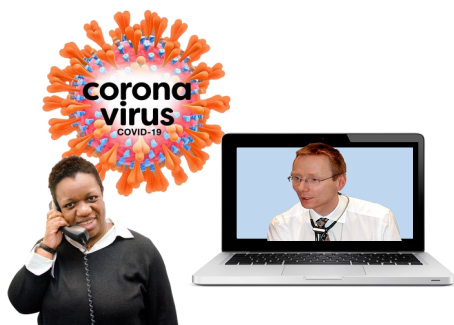
It is there to help you stay healthy



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



Because of Covid-19 Annual Health Checks are being done online using ZOOM on the telephone



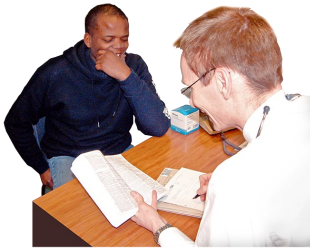
You can choose to have your Annual Health Check face to face if you want to



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 the doctor can sort it out before it gets worse



What happens at your Annual Health Check?



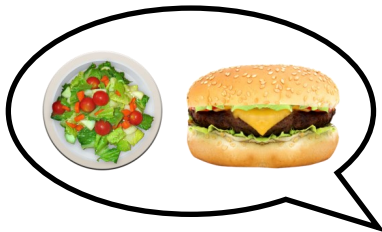
A doctor or nurse from your surgery might:



- Check things about your body like your heart and your 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 want to



Ask the doctor to explain anything you don't understand



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



Take your time. The Doctor is there to help you so don't feel worried



You can say no if there is part of the Health Check you don't want to do



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



To keep healthy you need to do all the things you have agreed to do in your Health Action Plan



Your doctor will check it with you at your next Annual Health Check