

## How can I arrange an Annual Health Check?



Ring your doctors surgery  
and ask for a  
learning disability  
Annual Health Check.



Your appointment will  
last for about 30 minutes.



You can bring a carer or  
family member with you  
if you like.

Scan this with your  
phone to access a  
BSL and Audio version



You can find more information  
about health and  
learning disabilities from:  
<http://www.bdct.nhs.uk>  
[www.bradfordpeoplefirst.org.uk](http://www.bradfordpeoplefirst.org.uk)  
[www.peoplefirstkc.com](http://www.peoplefirstkc.com)  
[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

CCGs working together

Airedale, Wharfedale and Craven CCG  
Bradford City CCG  
Bradford Districts CCG



# Get your **free** Annual Health Check at **your** doctor's surgery



## What you need to know about yearly health checks for people with learning disabilities

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Bradford City CCG  
Bradford Districts CCG



Anyone who is 14 or older and has a learning disability can have an Annual Health Check.



It is to make sure you are feeling healthy, happy and well.



It is to make sure that if you take any medication, it is right for you and you still need to take it.



It is to make sure that if you have any health problems they are spotted early. The doctor or nurse will make sure you get the right treatment.



If there is anything you would like to talk to your doctor or nurse about, you can do this at your appointment.

What will happen in my Annual Health Check?



The doctor or nurse should check your weight and height, listen to your chest, look in your ears, and check your blood pressure.



They will ask you about your diet and how much exercise you do.



The doctor or nurse will check your medication if you are taking any. They may also want to arrange more tests, like a blood test or an ECG scan.



At the end of your Annual Health Check you will be given a Health Check Action Plan. It tells you what to do to stay healthy.