

Aged 40-74? Find out about our **FREE** NHS Health Check

Even though you might be feeling great, if you're over 40 you may be at risk of kidney disease, heart disease, stroke and diabetes.

A **FREE** NHS Health Check can help you reduce these risks and make sure that you stay healthy.

What will happen at the NHS Health Check?

The NHS Health Check typically takes about 20-30 minutes and includes:

- Blood pressure test, blood glucose* & cholesterol assessment
- Lifestyle assessments, personal & family medical history and BMI calculation
- Pulse check and Dementia awareness (for over 65s)
- Calculation of 10 year Cardiovascular risk score, Stroke and Heart Disease

You are eligible for a free NHS Health Check if:

- You are between 40 – 74 years old.
- You live in East Sussex or you live outside of East Sussex and registered to an East Sussex GP
- You have not had an NHS Health Check within the last 5 years.
- You have not been diagnosed with or not taking medication for cardiovascular diseases.

Contact the East Sussex team at:
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for more information

**NHS
HEALTH
CHECK**

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia