

## Your annual health check is important. Have you had yours this year?

Mental illness, medication and lifestyle choices could put you at risk of certain health conditions, but the health check is here for you.

### What does the annual health check involve?

- Blood pressure
- Your weight
- Blood sugar levels
- The chance to discuss healthy living and your lifestyle
- Vaccinations eg. flu, Covid-19

Remember to get your results back!

### Exercise

You can ask your GP or nurse about "exercise on prescription" programs in your local area. This can lead to you being granted free access to leisure centres.

### Do you have a good diet?

You can request advice regarding healthy eating, and ask about the availability of a specialist nutritionist who can provide further assistance.

### Do you use drugs or drink?

You can talk to your GP or nurse about alcohol and drug use confidentially.

### Do you understand your medications side effects?

Common side effects include:

- Weight gain
- Movement problems
- Drowsiness
- Sleeping problems
- Constipation
- Sexual problems

You should have a medication review once a year where you can discuss changes to your medication and potential alternative treatments. If this hasn't been offered to you, ask your GP for one.

### Need further assistance?

Contact Renee or Jeri by phone  
020 8208 8590 or email

[befriending@ashfordplace.org.uk](mailto:befriending@ashfordplace.org.uk) if you would like support when booking or discussing your health check

### Booking and concerns

- If your GP has not contacted you about your annual health check, make an appointment with your surgery
- If you have questions or concerns about your health, don't wait until your next check
- Your Practice Nurse can book you in for an appointment at your GP surgery at any time
- If you are dissatisfied by the advice given, you can ask to see someone else for a second opinion

### Smoking

Your GP can provide support if you would like to quit smoking or reduce the amount that you smoke; this support can also be provided by your pharmacist. Quitting smoking may affect your medication, so make sure to ask a healthcare professional.

### When was the last time you went to...

- the dentist?
- the optician for an eye test?
- see a chiropodist about your feet?
- have a smear test? (if you're a woman)

### More resources

New GP or dentist: [www.nhs.uk](http://www.nhs.uk)  
or call NHS Direct 0845 46 47 or 111  
Exercise: [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)  
or call 020 7339 541  
Smoking: [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)  
or call 0800 0224 332  
British Nutrition Foundation [www.nutrition.org.uk](http://www.nutrition.org.uk)  
National Alcohol Helpline: 0800 917 8282  
Drugs: [www.talktofrank.com](http://www.talktofrank.com)  
or call 0800 776 600  
Medication: [www.medicines.org.uk/emc/](http://www.medicines.org.uk/emc/)

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