

NHS HEALTH CHECK

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

If you are aged 40 - 74 and have not had a stroke or been diagnosed with heart disease, high cholesterol, high blood pressure, kidney disease or diabetes then you are eligible for a free NHS health check.

To arrange the check contact your registered GP practice who will be able to make an appointment for you. Alternatively, you can also contact OneLife Suffolk to arrange the check for you on (01473) 718193.

www.healthysuffolk.org.uk/healthchecks