

How to get an appointment

If you are eligible, you should get a letter or a phone call from your GP surgery inviting you for an annual health check when it is due.

You can also contact your GP surgery to ask for an appointment if you have not received a letter or a family member or friend can contact the surgery for you if you prefer.



If you need someone to talk to right now

Samaritans

Samaritans are a suicide support charity providing listening and support 24 hours a day, 365 days a year to people and communities in times of need.

Call 116 123 www.samaritans.org

SAMARITANS

Birmingham Mind Helpline

Open 24/7 this helpline managed by Birmingham Mind supports people with their mental health and wellbeing.

call 0121 262 3555 or 0800 915 9292

mind
Birmingham

Physical Health Checks Information Leaflet



All about your annual Physical Health Check

If you have been diagnosed with a Severe Mental Illness such as Bipolar, Schizophrenia or Psychosis, you'll be invited to a free physical health check every year. This leaflet contains information about what checks the doctor or nurse will do during your appointment and why it's important to attend.



Why do I need a physical health check?

If you are living with a Severe Mental Illness such as Bipolar, Schizophrenia or another Psychosis, then you could be at risk of developing a physical health condition such as heart disease, diabetes or stroke.

Having a few simple tests once a year is really important, and can be helpful in picking up any health problems early, so that you can get the treatment and support you need to keep well.

Where will my appointment take place?

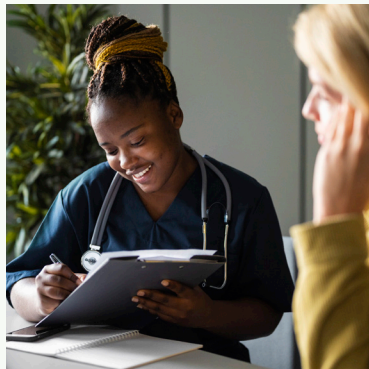
Your physical health check appointment will take place at your GP surgery, and will either be with a doctor or a practice nurse.

The appointments are safe and confidential. And you can bring along a friend, relative or carer if you would prefer.

Tell your GP surgery if you need any extra help, such as:

- a longer appointment or having a carer, friend or peer support worker with you
- an appointment at the beginning or end of the day, or a quiet place to wait if you find it hard to be in a busy waiting room
- additional reassurance or support if you are afraid of needles and are having a blood test
- a sign-language or translation service
- transport if you need help getting to the GP surgery
- a home visit if you are unable to leave your home

If you need additional support, this will usually be written in a health profile or health action plan that the doctor or nurse can use.



What will happen during my appointment?

During your appointment the doctor or nurse will carry out a few simple health checks including:

- Checking your height and weight
- Taking your blood pressure
- Checking your heart rate
- Asking you to provide a urine sample
- Offering you a blood test to check your glucose and cholesterol levels
- Discussing any medicines you take and if you are experiencing any side effects



You'll have the opportunity to discuss your lifestyle and what you can do to stay fit and healthy. The doctor or nurse may offer you health information, such as advice on healthy eating or let you know about local services which could support you to stay well.

If you're unsure about any of the advice you're given, then it's ok to ask questions. It's important you make the decisions that feel right for you.

What will happen after my appointment?

You may be offered a follow-up appointment to discuss your results and to give you any information or advice to help you feel well. This can help you improve your health and wellbeing, and manage any health conditions you may have.

Can I refuse this appointment?

It is up to you to decide if you want to have an annual health check, but these checks can make a big difference to your health and wellbeing. You can ask the doctor or nurse for more information about annual health checks before you decide. If you choose not to attend, we may contact you at a later date to discuss if there's anything we can do to support you to access a health check in the future.