



About NHS Health Checks

What is the NHS Health Check?

An NHS Health Check is a free check-up of your overall health. It can tell you if you're at higher risk of getting certain health problems such as heart disease, diabetes, kidney disease and stroke.

Who can get an NHS Health Check?

If you are aged 40 to 74 and do not have a pre-existing health condition, have not had a Health Check in the last 5-years and are registered with a GP in Northamptonshire, you are eligible for a free NHS Health Check.

Pre-existing conditions include:

- atrial fibrillation
- chronic kidney disease
- currently prescribed statins to lower cholesterol
- diabetes
- heart disease
- heart failure
- high blood pressure (hypertension)
- inherited high cholesterol (familial hypercholesterolemia)
- peripheral arterial disease
- stroke
- transient ischaemic attack

What happens during an NHS Health Check?

The Check will take about 20 to 30 minutes to complete and includes:

Measuring your:

- height and weight for BMI
- blood pressure

Carrying out a pin prick test to check your:

- cholesterol level
- If eligible a blood sugar level test, to screen for diabetes

You will also be asked questions about your general health including:

- Your age, gender and ethnicity
- Family History of Cardiovascular diseases
- If you smoke
- If you drink alcohol
- Your physical activity levels

Your results

You will be told the results of your Health Check during the appointment, and the results will also be sent to your GP. You may also be given information about how you can reduce the risk of developing certain health problems.

Speak to a member of the Public Health Team for more information or to arrange your Health Check today!

