

# Community Health Check Scheme



Aged between 40-74?

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

Book in today for your **FREE NHS Health Check** by contacting one of our delivery partners.



[onewirral.cic@nhs.net](mailto:onewirral.cic@nhs.net)

0151 294 4470

[www.onewirral.co.uk](http://www.onewirral.co.uk)





You will be met by a member of staff that will take you through a series of questions to determine whether you are eligible for a full NHS Health Check or a Mini Health Check.

## Full NHS Check or Mini Health Check



BMI



Age



Ethnicity



Alcohol Use



Smoking Status



Blood Pressure



Physical Activity



Family History



Gender



Cholesterol  
(Full NHS Health Check Only)

You will have a conversation about your health check results and you may be offered a referral into one of the following services.



Pre-Diabetes Service



Physical Activity Intervention



Dementia Awareness & Signposting (65+)



Stop Smoking Services



Weight Management Services



Alcohol Brief Intervention or Referral

The Health Check is then emailed over to your GP practice. If there is anything highlighted during the health check that may need further clinical assessment, there may be a need for you to book an appointment with your GP practice at the earliest convenience.

## Delivery Partners



Provided by



Change Grow Live



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FOR ALL ETHNIC MINORITY PEOPLE



One Wirral CIC