

Having a Health Check

**Easy
Read**

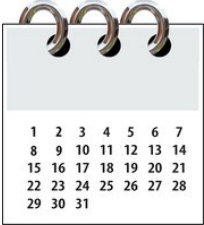
An easy read guide
to having a health check at your GP surgery



Easy Read version of the Guide produced by SpeakEasy N.O.W. using
Photo Symbols



About your health check



You should have a health check at least once a year. The doctor will write to you about this. You can also ask to have a health check.



A doctor or nurse will do your health check at your GP surgery. You can take someone with you to support you.



At your health check the doctor or nurse will ask you some questions and they will check your health.



It might help you to think about the questions before you go for your health check.



It might help you to know what checks the doctor or nurse might do.



This leaflet tells you about the questions they might ask and the checks they might do.



These are the questions you might be asked



When did you last go to the dentist?

When is your next appointment to see the dentist?



When did you last go to the optician?

When is your next appointment to see the optician?



When did you last go to the chiropodist?

When is your next appointment to see the chiropodist?



What medicines do you take?



Do you need any special foods? Do you need help with this?



Do you have any allergies?



An allergy is something that could make you very ill. For example some people cannot eat nuts because they will get ill.

Some other people can't have some antibiotics because they will get ill.

Other people have different allergies.



Do you have a physical disability?

This might be something like being blind or deaf or it might be needing to use a wheelchair or a walking stick.



Do you have epilepsy?



How much do you drink and smoke?



How much exercise do you do?



Do you have a healthy diet?



Have you had any health problems or operations?



Do you go to the hospital for appointments?

Which hospital do you go to?

What do you go to the hospital for and who do you see there?

When did you last go and when is your next appointment?



When did you last have a flu jab?



How is your mental health?

Do you ever feel depressed ?

Do you get stressed and anxious about things?



Do you have any problems going to the toilet?



Is there anyone in your family with health problems?



These are the tests the doctor or nurse might do.



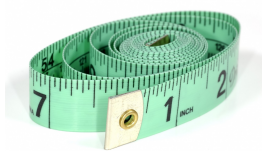
Check your pulse



Check your blood pressure



Check your heart and your breathing



Check how tall you are.



Check how much you weigh.



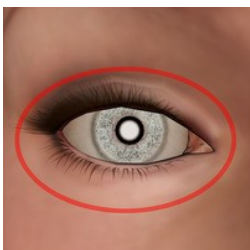
Check your body mass index.

This is sometimes called BMI.

BMI is how heavy you are compared to how tall you are.



Check your ears.



Check your eyes



Check your feet.



Check your tummy.



Check your walking



Check your wee.



You might have to take off some of your clothes for some of these tests.



Special health checks for women



The doctor or nurse might check your breasts.



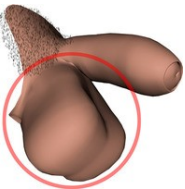
They might ask you about when you last had a smear test. If you are due to have a smear test, they might ask you if you want to have one.



They might ask you if you are using any contraception and if you are happy with it.



Special health checks for men



The doctor or nurse might check your testicles



They might ask you if you are using any contraception and if you are happy with it.