



# Aged 40 - 74?

Find out about Wokingham's  
**FREE NHS Health Check**

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

A **FREE NHS Health Check** can help you reduce these risks and make sure that you stay healthy.



For more information  
please visit:

[www.wokingham.gov.uk/healthcheck](http://www.wokingham.gov.uk/healthcheck)

**NHS  
HEALTH  
CHECK**

Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia

# What happens during an NHS Health Check?

- The check is to assess your risk of developing heart disease, type 2 diabetes, kidney disease and stroke
- It will take about 20–30 minutes
- You'll be asked some simple questions, for example, about your family history and choices which may put your health at risk
- Your height, weight, age, sex and ethnicity will be recorded
- Your blood pressure will be checked
- There will be a simple finger-prick blood test to measure your cholesterol level
- You'll be taken through your results and told what they mean
- You'll be given personalised advice on lowering your risk and maintaining a healthy lifestyle
- If your results indicate you are at a high risk, you will be advised to see your doctor

## Your NHS Health Check appointment:

Name: .....

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Date: .....

Time: .....

With: .....

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Appointments for Wokingham NHS Health Checks are available . Please contact any of the pharmacies below directly to book .

- Shinfield Pharmacy - 01189 883540
- Fields Pharmacy, Twyford - 01189 341222
- Jats Pharmacy - 01189 735455
- Wokingham Broad Street Pharmacy - 0118 978 7459
- Wokingham Rose Street Pharmacy - 01189 078188
- Tesco Pharmacy - 01183 735847 @ 117 291 6751
- Finchampstead Pharmacy - 01189 737084
- Day Lewis Pharmacy Woodley 0118 9441036

