

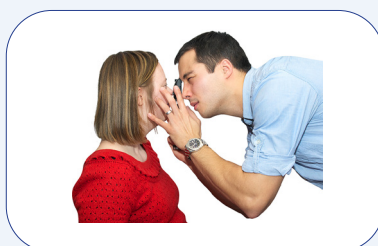
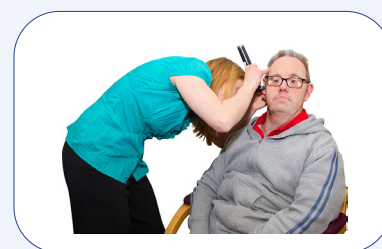
Getting ready for my health check



Reviewed September 2023



An Easy Read guide about having a health check at your doctor's surgery



Who can have a health check?



Many people with learning disabilities can have a health check every year at their doctor's surgery.

Most doctor's surgeries do these health checks.

Getting ready for your health check



Take someone who knows you well to your health check.
They can support you and help you answer the questions you will be asked.

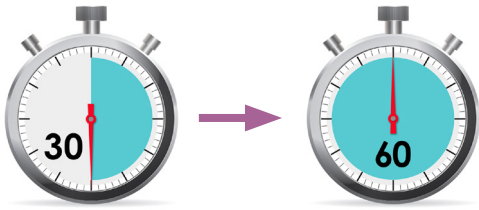


If you already have a health action plan take it with you.
Your doctor can give you a health action plan after your health check.

Make sure your medication list is up to date and take it with you.



Important information about your health check



Your health check should take between 30 minutes and one hour.



You will see a doctor or a nurse. You may be able to choose whether to see a man or a woman.

Health questions



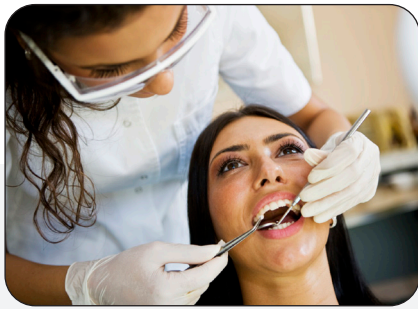
The doctor or nurse will ask you questions about your health.

Health check up



The doctor or nurse will also give you a check up.

Questions you may be asked



When did you last go to the dentist?

When is your next appointment?



When did you last have an eye test with your optician?

When is your next appointment?



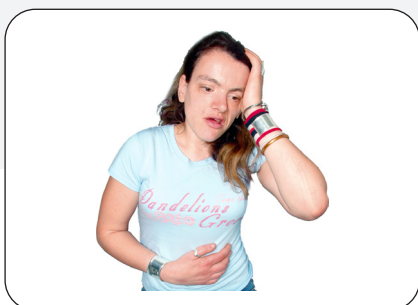
When did you last see a chiropodist about your feet?

When is your next appointment?



Have you been to hospital since your last health check or in the last 2 years?

What did you go to hospital for?



What illnesses have you had since your last health check?

What other health problems do you have? What help do you get?

The doctor or nurse may also ask you questions about these things:



Hearing



Alcohol



Smoking



Eating



Drinking



Exercise



Toilet



Mental health



Immunisations



Medicine



Allergies



Getting around

Your health check up



Different doctor's surgeries may do check ups in different ways.

These are some of the checks the doctor or nurse may want to do:



Your heart and breathing



Your blood pressure



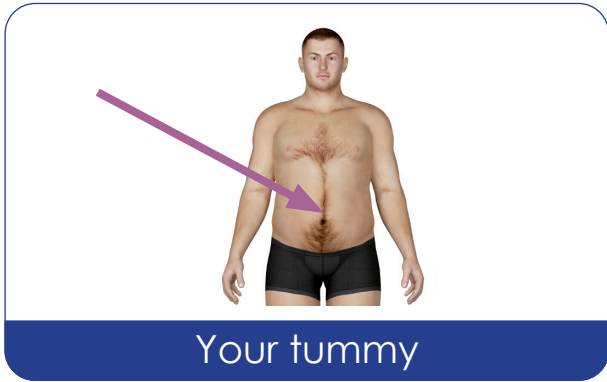
Your pulse



Your walking



Your height and weight



Your tummy



Your ears



Your eyes

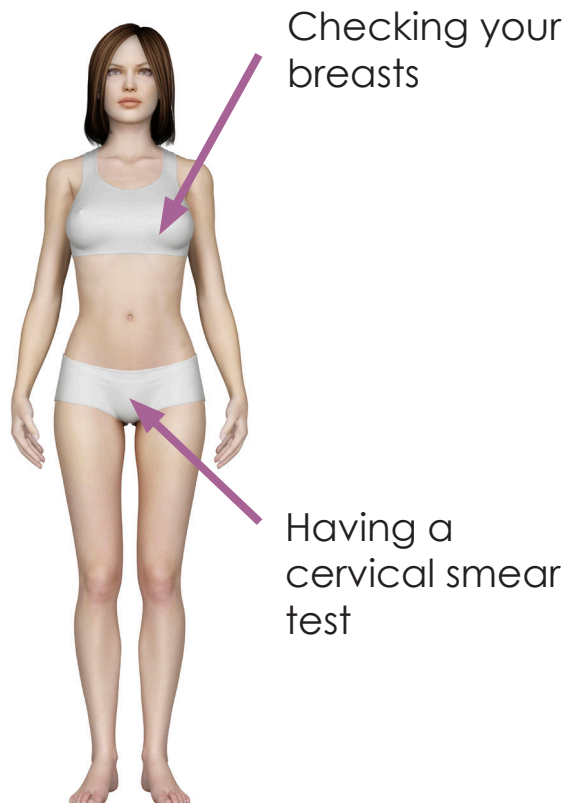


Your feet

These are some things the doctor or nurse will talk about if you are a man or a woman:



Checking your testicles



Checking your breasts

Having a cervical smear test

Using this booklet

This booklet can be downloaded free of charge from www.surreypb.org.uk

About Easy Read information

Easy Read information using larger print, easy words and pictures to make information easier to understand. Easy Read is a summary of the key points. Whilst it is useful to help people understand complex subjects it should not be relied upon solely in the process of supporting people to make decisions about their health care and treatment.

Developed and designed by The Clear Communication People Ltd as part of a project funded by The Learning Disability Partnership Board in Surrey.



The **Clear Communication** People Ltd

