



What My Health Check Should Include



Your Annual Health Check



An Annual Health Check is a yearly check up at your doctor's surgery.



Having a health check every year with the doctor can help you find out if you have any health problems you need help with.



It is a good way of helping you to stay healthy.



This booklet tells you what should happen at your Annual Health Check.

What happens at an Annual Health Check?



The Annual Health Check involves going to your GP Surgery and a doctor or nurse checking things about your health.



It is a good time for you to talk about anything that is worrying you.



The Annual Health Check usually takes around 1 hour 

What happens at an Annual Health Check?



During the health check, the doctor or nurse will carry out the following:

An overall check of your body:



The doctor or nurse will look at your physical health.

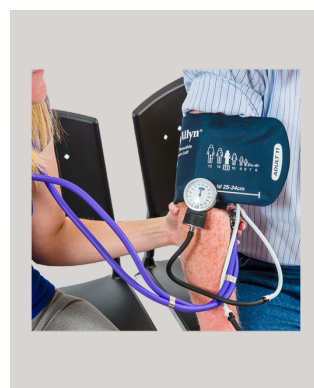
The doctor or nurse will:



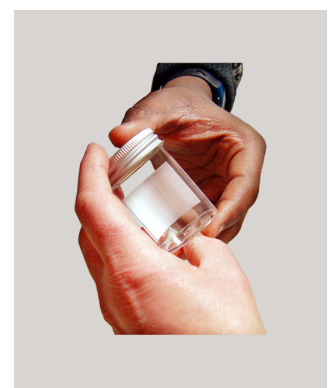
Check your weight



Check your heart rate



Check your blood pressure



Take a urine (wee) sample

What happens at an Annual Health Check?

The doctor or nurse should also:



Ask questions about your lifestyle



Ask questions about your mental health



Ask about other health professionals you may see



Check on any prescribed medicines



Check on whether any long-term illnesses are being well managed



Review of any arrangements with other health professionals

Extra tests

Extra tests



If your learning disability has a specific cause, the doctor or nurse will often do extra tests for particular health risks.

What happens at an Annual Health Check?

Blood tests



Sometimes the doctor or nurse will take blood. This will be to check for infections or other conditions. Please make sure you have had plenty to drink as this will help to make taking your blood easier.

Information

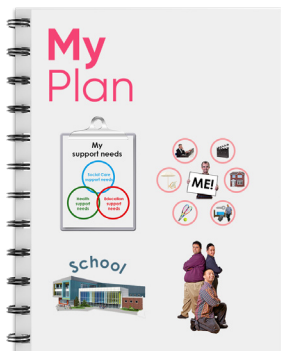


The doctor or nurse will also provide you with any health information, such as advice on healthy eating, exercise, contraception or support to stop smoking.



The information you get should be easy for you to understand to you, as GP's have to follow a law called the Accessible Information Standard.

Younger People

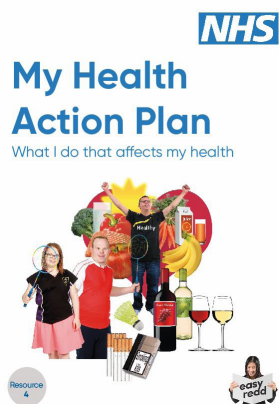


The Health Check is a good place to have some of the planning conversations when you are moving from child to adult services.

How will the Annual Health Check be tailored to meet my needs?



People with learning disabilities have lots of different needs.



Sometimes these are written down in a Health Action Plan that the doctor or nurse can look at (if you want them to).



Putting **reasonable adjustments** in place can help you to have a successful health check.



Reasonable adjustments mean changing services so they are easier to use.

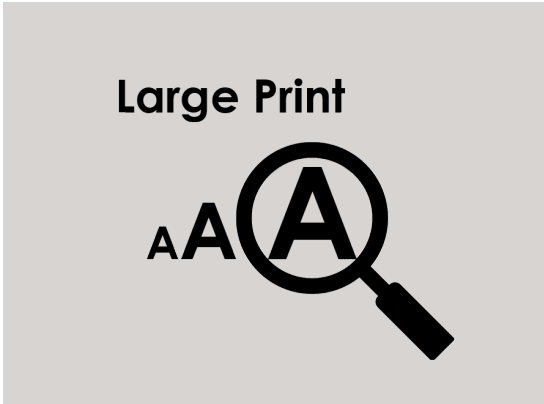
Reasonable Adjustments



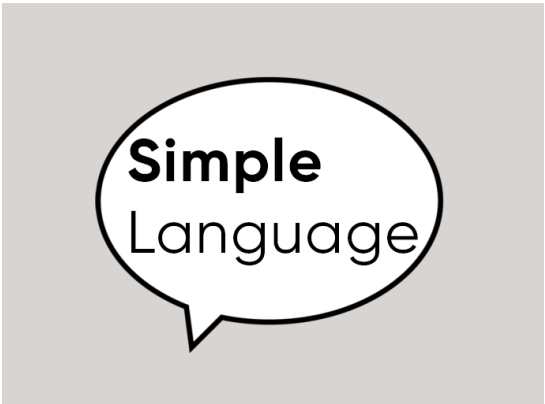
These adjustments can include:



Using pictures



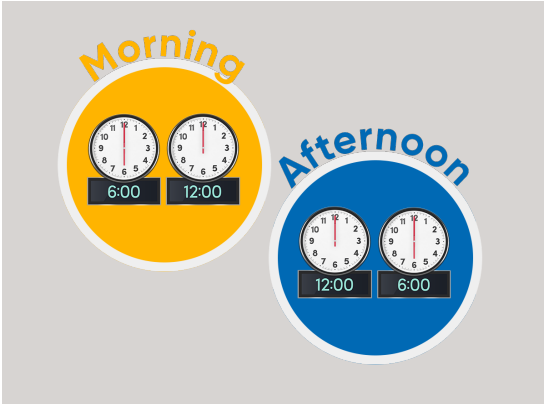
Large print



Simple language to help explain what is happening



Booking longer appointments



Having your appointment at the start or the end of the day



Talking to your doctors about what will make it easier for you.

Do I have to have an Annual Health Check?



No, you don't have to have an Annual Health Check. You can say no to all or parts of the health check. Although you don't have to, it's a really good idea to have your check.



You, or your carer, can ask the doctor or nurse for more information about the process.



You can then give your **consent** before any tests or procedures are carried out.



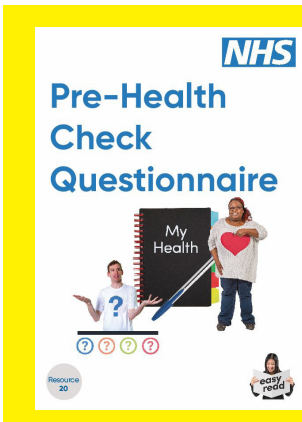
Consent means giving your permission for something to happen.

Can I request who I see?



You can ask to see someone in particular, but it might not be possible.

Is there anything I need to take with me?



Please bring your completed pre-health check questionnaire.



If you have a Yellow Health Book please bring this to your appointment.



If you do not have a Yellow Health Book and would like one, please email your name, address and telephone number to:



Is there anything I need to take with me?



Please also bring a urine (wee) sample.

A pot for your sample can be collected at the Surgery Reception Desk.



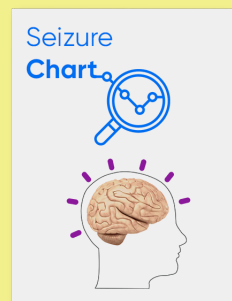
(If you have them) please also bring:



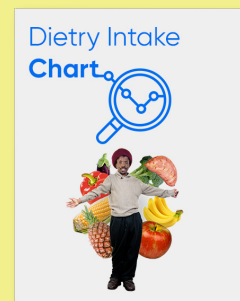
Bowel charts



Fluid charts



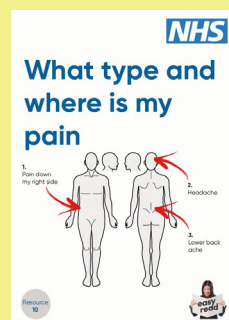
Seizure charts



Dietary intake charts



List of medication



What type & where is my pain booklet

This will all help your check to go smoothly and help to make sure the doctor or nurse has all the information they need.

Primary Care Accessible Resources

What My Health Check Should Include

Suffolk Learning
Disability Partnership



This booklet was co-produced by Ace Anglia and members of the 'Staying Healthy, Safe & Well' Workstream of the Joint Suffolk Learning Disability Strategy 2015-20.



The resources were originally funded by clinical commissioning groups in Suffolk. They have been amended for use in Dorset with the permission from Suffolk clinical commissioning groups.



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Made using:

