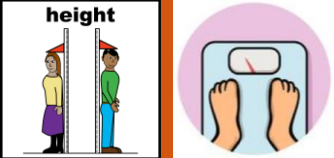




What's it like having an Annual Health Check?

The Doctor or Nurse will see you at home or in the Surgery. This is what they may do:

height



Check your height & weight

blood pressure



Check your blood pressure



Check eyes and ears

chest examination

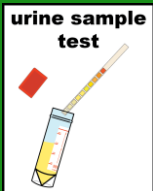


Listen to your chest and heart



Feel your tummy

urine sample test



Check your wee

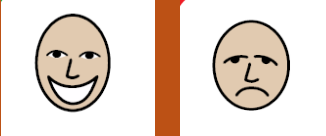
medication



Check your medication



Ask if you drink or smoke



Check if you're happy/sad

anxious



Talk about your worries

healthy and well



Talk about how to stay fit and healthy

action plan



You will be given a health action plan