

Be wise to your health

Stay healthy.
Book your free NHS
Health Check today.

If you're aged 40 – 74
and have not had an NHS
Health Check in the last
5 years book yours today.



The NHS Health Check is a free check-up of your overall health.

It can tell you whether you're at higher risk of getting certain health problems, such as:

- **heart disease**
- **diabetes**
- **kidney disease**
- **stroke**

During the check-up, you'll find out how to reduce your risk of these conditions. You'll receive a blood pressure and cholesterol test, and if you're 65 and over you will also be informed about the signs and symptoms of dementia.

Choose to book your NHS Health Check at a place convenient to you

Find out where and book yours today
www.norfolk.gov.uk/NHSCheck

