



Aged 40-74? Find out about your **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.



SCAN ME

**NHS
HEALTH
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

Call **0808 175 0413** or visit
norfolkhealthchecks.reedwellbeing.com

In partnership with

Reed Wellbeing



Norfolk
County Council