

## NHS Health Check Criteria

If you meet the following criteria please call our friendly team to find out where you can receive your free NHS Health Check, on 0800 022 4524 (option 4)

- Aged between 40-74 years?
- Registered with a local GP or living in Essex, Suffolk or Norfolk?
- Not taking Blood Pressure or Cholesterol tablets (Statins)?
- Not known to have Diabetes?
- Never suffered a Stroke?
- Never suffered a Heart Attack? (M.I)
- Not diagnosed with Coronary Heart Disease (CHD) or Heart Failure?
- Not diagnosed with Peripheral Arterial Disease? (PAD)
- Not diagnosed with Chronic Kidney Disease? (CKD)
- Not diagnosed with Atrial Fibrillation? (AF)
- Not had an NHS Health Check in the last 5 years?

