



## Age 14 and over Learning Disability Annual Health Check



Now that you are **aged 14 and over**, if you have a **learning disability** you can get a **free Annual Health Check**.



Annual Health Checks happen **once a year**.

## Why are Annual Health Checks important?



Annual Health Checks help **you stay healthy**.



You get to **know** the **staff** at the **Doctors surgery**.

The staff at the Doctors surgery get to know you when you are well.



You can let the Doctors Surgery know the things that **make going to the doctors easier for you**.

This is called a **Reasonable Adjustment**.

You can use [this form](#) to ask for Reasonable Adjustments.

## How do I get an Annual Health Check?



To get an Annual Health Check you must be on your Doctors surgery **Learning Disability Register**.

You can tell your surgery you have a learning disability and would like to be put on the Learning Disability Register.



On your birthday month, your Doctors surgery will send a **letter** or **phone** you to **make an appointment** for your health check.

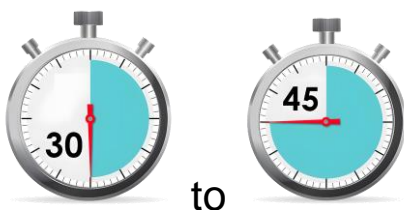
**You can also ask for an appointment.**

## What happens at the Annual Health Check?



The Annual Health Check will be at your **Doctors surgery**.

You can **take someone** with you.



The health check **appointment will be longer** than your other appointments at the Doctors surgery.



The **doctor** and or practice **nurse**, or **paramedic** will do the health check.

**You don't need to be ill** to get a health check.

They will **ask questions** about your health and will **do some checks** like blood pressure.

## They will ask you about your health:



Eyes



Teeth



Breathing



Body



Exercise



Food, Drink and Smoking



Friendships and Relationships



Feelings and Emotions

## They will check your:



Ears



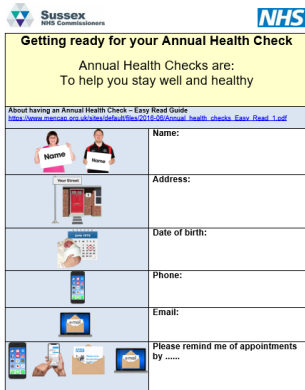
Weight



Height



Blood Pressure



You can ask for the [My annual health check: top to toe – easy read](#) booklet.

You fill it in before your health check. It will help you to **think about** any **questions** you have.

**Take** your My Annual Health Check booklet **to the health check appointment.**

## Health Action Plan



The person who does your health check will also write a **health action plan** with you.

Your health action plan should tell you what things need to happen to **keep you healthy.**

## More information



If you have **any problems** arranging your health check, ask to **speak to the Practice Manager.**

They can help you.



For **more information**, please **contact:**

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