

**NHS
HEALTH
CHECK**

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia



NHS HEALTH CHECKS

In association with dementia awareness week we are offering free NHS Health Checks at the venues listed opposite.

The NHS Health Check helps to assess your risk of developing a cardiovascular illness such as heart disease, stroke, diabetes, kidney disease and vascular dementia. Once you know your risk, you'll be given advice and assistance to help you reduce it. You will receive blood pressure and cholesterol testing, pulse monitoring and BMI calculation. In addition you will receive a lifestyle assessment and advice on how to lower your risk of developing cardiovascular illnesses.

The NHS Health Check is available to anyone who fits the following criteria;

- is aged 40-74
- ◆ has no existing cardiovascular disease (this includes high blood pressure, heart disease, diabetes or stroke)
- ◆ has not received a Healthy Heart Check in the last 5 years
- ◆ Is not taking medication for high blood pressure or cholesterol

NHS Health Checks will be held between

10:00am and 4:00pm as follows:

**Monday 16th May -
Billingham Library**

**Wednesday 18th May -
Stockton Library**

**Thursday 19th May -
Norton Library**

Please contact Karen Morris, Health & Wellbeing Librarian on 01642 526518 to book a health check session.