

A collage of four photographs of diverse individuals. Top left: A woman with short dark hair wearing a blue and white patterned top. Top right: A man in a high-visibility yellow vest over a black shirt, holding a clipboard and pen. Bottom left: A man in a light blue t-shirt. Bottom right: A woman wearing a pink and green sari. A green rectangular box with white text is overlaid in the center.

Aged 40-74?
Find out about
our **FREE** NHS
Health Check

**NHS
HEALTH
CHECK**

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

- Patients registered in Sheffield aged 40-74 without qualifying underlying health conditions, who have not had a health check in the past 5 years, are eligible for a free NHS health check.
- The check will assess your risk of some of the biggest causes of early death in England such as heart attack and stroke.
- These conditions can often be prevented, even if you have a family history of them.
- It only takes 20-30 minutes and involves a few questions and measurements, including a simple blood test to check your cholesterol.
- After the check you will receive free personalised advice to help you stay healthy

For more information visit:

www.primarycaresheffield.org.uk/healthcheck

