

NHS Health Checks

Frequently Asked Questions

Who is eligible for an NHS Health Check?

You are eligible for an NHS Health Check if:

- you are aged 40 – 74 years
- you have not already had an NHS Health Check in the last five years
- you have not already been diagnosed with one of the following:

- cardiovascular disease (i.e. previous heart attack, coronary heart disease, stroke, angina, transient ischaemic attack (TIA) or heart failure)
- diabetes
- kidney disease
- hypertension (high blood pressure)
- atrial fibrillation
- hypercholesterolemia

- you have NOT been prescribed statins
- you should live in Norfolk and/or be registered with a Norfolk GP in order to have a free NHS Health Check in Norfolk

If you live outside Norfolk and/or are registered with a GP outside Norfolk, you should be able to get a Free NHS Health Check in your local area.

Suffolk: <https://www.healthysuffolk.org.uk/advice-services/adults/nhs-checks>

Cambridgeshire: <https://www.cambridgeshire.gov.uk/residents/better/health-improvement/>

I haven't been invited for my NHS Health Check – what should I do?

- First read the eligibility criteria as you may not be eligible. (Approximately 30% of 40 – 74 year olds are not eligible because they already have a health condition, such as diabetes).
- If you are eligible and have not been invited in the past 5 years (**since April 2013**), you can contact your GP surgery and ask to book an appointment or alternatively book directly at a participating Pharmacy.
- A few GP practices are currently not providing NHS Health Checks. If this applies to your GP practice, please book an appointment directly at a participating Pharmacy.

I was invited for my NHS Health Check but did not make an appointment / did not attend my appointment – what should I do?

You should contact your GP practice to book / rebook an appointment or book directly with a participating pharmacy.

Can I get an NHS Health Check at my workplace?

Some large workplaces such as Norfolk County Council (NCC) and Norfolk and Norwich University Hospital (NNUH) provide NHS Health Checks to their staff, and organisations that they provide occupation health services for. If you work at NCC or NNUH please ask your staff health team how to access the service.

NHS Health Checks can also be arranged in other workplaces providing there is sufficient numbers of staff eligible and interested. If you think your workplace would like to participate

in this please ask your staff health lead to contact Thrive Tribe, Norfolk's Free Workplace Health provider. Email: hello@thrivingworkplaces.org.uk Tel: 01603 263222

Why aren't people under the age of 40 or over the age of 74 eligible?

- People under the age of 40 aren't included in the NHS Health Check programme because younger people have a lower risk of the health conditions tested for in the NHS Health Check.
- If you're 75 and over, you can already ask for a check-up from your GP if you haven't had one in the last year.

I had an NHS Health Check last year – why can't I have another one?

The NHS Health Check is a rolling five year programme which has been set up to offer eligible adults a free NHS Health Check every five years. At your last health check your healthcare provider will have discussed your results with you and given you information and advice to stay healthy.

In the meantime if you are interested in improving your results and monitoring your health take the [How Are You quiz](#) and start now with these [health apps and trackers](#).

If you're concerned about your health, don't wait until your next NHS Health Check to do something about it - go to your GP as you would normally.

I am taking statins – can I have an NHS Health Check?

Unfortunately not.

If you are taking statins you are already being treated and monitored by your GP to manage a condition or reduce your risk of developing cardiovascular disease.

If you're concerned about your health, make an appointment with your GP to discuss your concerns.

I am not eligible for a NHS Health Check. Is there anything I can do to check my health?

There are many online interactive tools and self-assessments that can help you immediately get an idea of how healthy you are. Here are some:

- Take the [How Are You quiz](#) created by Public Health England for an overview of your current health and wellbeing.
- If you're over 30, take the [online Heart Age test](#) to see what your risk of getting heart disease or stroke is.
- Find out if you're at risk of [type 2 diabetes](#) with this quick and simple test.