

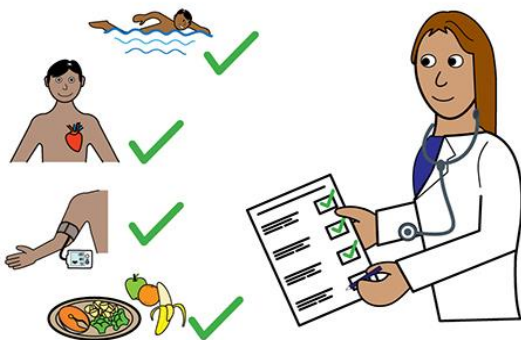
Free Annual Health Checks for people with a Learning Disability

Do you have a Learning Disability?

If you have a Learning Disability and are aged 14 and over you will be eligible for a free annual health check.

What do you do in an Annual health check?

In your Annual health check your doctor will talk to you about things such as:



- Anything that might be worrying you
- Lifestyle choices like diet or exercise
- How you have are feeling and if you have been feeling unwell

What happens after your Annual health check?

- You will get a health action plan which can give you and the doctor goals to work on.
- Your doctor might make referral to other services that can help you.

Name _____

Address _____

Phone Number _____

Check with the receptionist that you are on the Learning Disabilities register, so you can book in for an annual health check!