



Cornwall Partnership
NHS Foundation Trust

Having a health check

Patient Information



Find us online at cornwallft



At your health check



The nurse will talk to you about your health



You can have your family or carer to help you to answer the questions if you want



The nurse will write down things you tell her about your health



The nurse will ask you about your weight and height



The nurse will ask you about any medication you take

The nurse will ask you about:



Smoking and alcohol



Healthy eating and exercise



Sexual health



Looking after your teeth and going to the dentist



Having your eyes tested at the opticians



The information from your health check will go into a plan

This is called your Actions From Health Check' plan



At the end of the health check the nurse might ask you to arrange to see your doctor or another health professional

If you want to discuss your health check or your action plan, please contact your primary care liaison nurse

Our contact details

Hannah Welch - 07717586762

Sam Maddern - 07500443321

Anne Bowdler - 07767371426

Comments and concerns

We welcome your views, feedback and suggestions about how we can improve our service. The PALS office takes calls Monday to Friday, between 9.30am and 4.30pm.

Telephone: **01208 834620**

Email: **cpn-tr.palscft@nhs.net**



To get this information in another format email:

cpn-tr.communications@nhs.net

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Produced by the Communications Team

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