

NHS Health Checks Programme delivered by Merton Health GP Federation





What is a NHS Health Check ?



- NHS Health Check is a free check-up of your overall health carried out by a Nurse or healthcare assistant.
- They will ask you some simple questions about your lifestyle and family history.
- Measure your height and weight
- Take your blood pressure
- Do a blood test – often using a small finger prick test.

Who is the priority group for Health Checks in Merton ?

- 40 -74 years old
- South Asian community
- Male
- Family history of cardiovascular disease
- Smokers
- Living in an area of high social deprivation



Where can I have my Health Check?

- Your registered GP surgery
- local Mosques who have agreed to support the programme
- local Temples who have agreed to support the programme
- Other community locations and events