

More information

**Making Every Contact Count
(MECC) gateway**

www.meccgateway.co.uk/nenc



NHS app

www.nhs.uk/nhs-app/



Cancer screening

[www.nhs.uk/tests-and-treatments/
nhs-screening/](http://www.nhs.uk/tests-and-treatments/nhs-screening/)



How do I scan the QR code?



You can scan a QR code with your
smart phone or tablet,

1. Open the camera app.
2. Point the camera at the QR code
and hold it still.
3. A message or website will come
on screen.
4. Tap the link to open the website.
5. If this doesn't work, you can download
a free app from your app store, this can
help you scan a QR code.



**It's important to
'bee' yourself**



How to get help in an emergency



In a medical emergency, please call
NHS 111 or 999



You can use NHS 111 online at:
<https://111.nhs.uk>
or in the NHS App.



In a mental health emergency, call
111 and press option 2.

You can find more information on how to get
urgent help here:

**[https://www.nhs.uk/nhs-services/
mental-health-services/where-to-get-
urgent-help-for-mental-health/](https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/)**



NHS

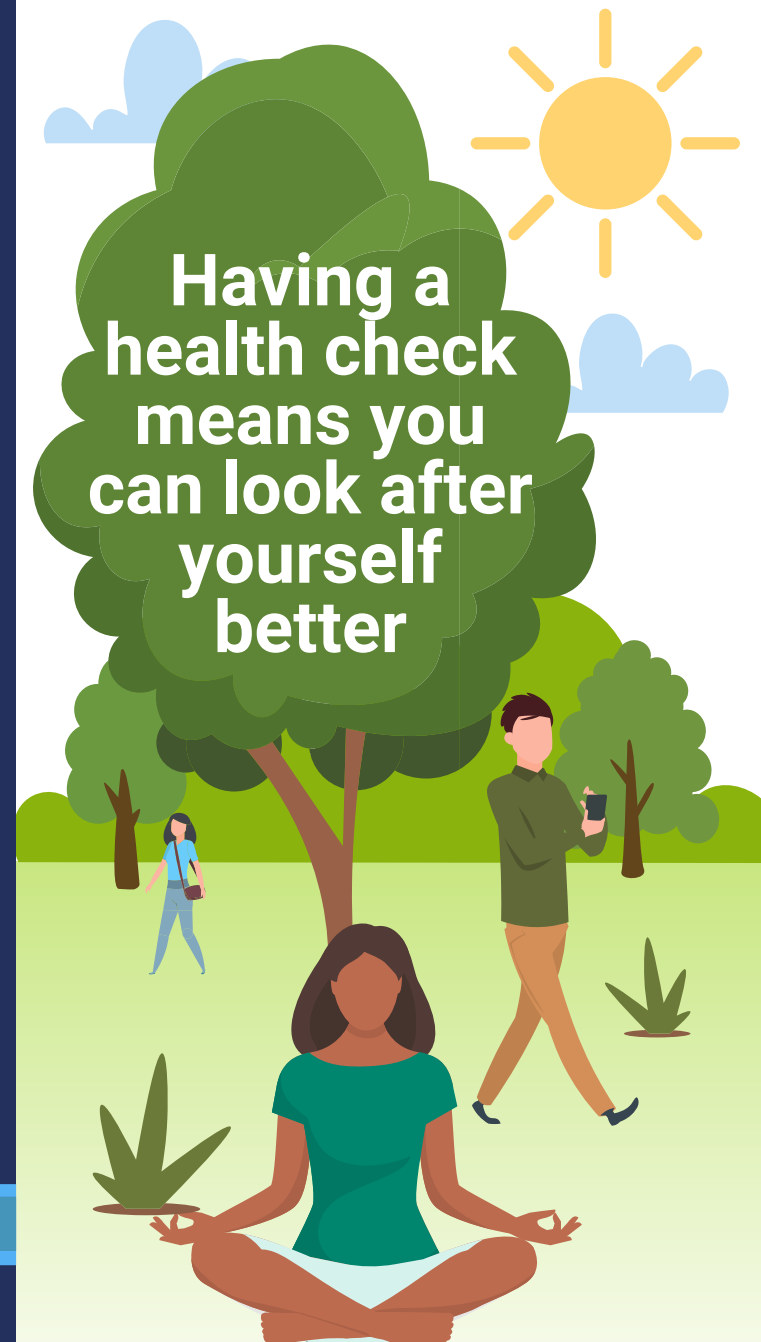
www.nhs.uk



Health Innovation
North East and North Cumbria

healthinnovationnenc.org.uk

**Having a
health check
means you
can look after
yourself
better**



NHS



Health Innovation
North East and North Cumbria

Who can have an annual physical health check?

We know some people do not like medical labels. But in this leaflet, we use the term Severe Mental Illness (SMI). This is to make it clear who can have an NHS health check.

You can have a free health check once a year if you are 18 or older and have an SMI.

SMI includes schizophrenia, psychosis, and bipolar. If you are not sure if these apply to you, ask your GP, or check at your next medication or healthcare review.



Why should I choose to have a physical health check?

The health check is here to help you. We all need to look after our health, but people with SMIs need to be extra careful.

Medication and lifestyle can increase your risk of health problems.

A health check can find health problems early. Spotting these early means we can help and treat you sooner.

Do I need a health check if I feel well?

Health problems may not cause symptoms at the start. A health check can find problems before you start to feel unwell.



What happens at a physical health check?

The health check usually takes about 30 minutes.



The doctor or nurse will:

- Check your weight, blood pressure, heart rate, and offer you a blood test



- Talk about any medication you are taking, how this makes you feel, and any changes to it you want to make

- Talk to you about your lifestyle. If you want, they can give you advice on healthy eating, exercise, alcohol and smoking. This can help you make better decisions about your health



- Work with you to create an individualised care plan. This is a plan to help you look after your health. It is based on your own wants and needs.



They may also offer you:

- An electrocardiograph of your heart (ECG) (a test that checks how your heart is working)



- or a urine (pee) test



The health check is a chance to talk about your health and healthcare support you get. It might help to bring along a list of anything you might want to discuss with the doctor and nurse.

At the end of the appointment, they will ask you if you want a copy of your care plan and health check results. This can be by letter or digitally.

How do I get my annual health check?

You can book this with your GP practice or ask someone else to book it for you. The NHS must make health services easy for everyone to use. They can do this by making changes to your appointment called reasonable adjustments.

These are small changes, like a longer appointment, simple explanations, or a person to come into the appointment with you. Tell your GP practice what works best for you if you need extra help.

Don't let mental health issues get in the way of looking after yourself.

