

**NHS  
HEALTH  
CHECK**

Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia

# FREE NHS HEALTH CHECKS IN HAMPSHIRE



**BOOK YOUR APPOINTMENT TODAY**

<https://nhshchampshire.randox.com>

or scan our QR Code

Alternatively call us on **0800 2545 452**



Working with  
 Hampshire  
County Council

**RANDOX**  
HEALTH

# FREQUENTLY ASKED QUESTIONS

## What is an NHS Health Check?

The NHS Health Check is a free health check-up for adults in England aged 40- 74. It's designed to help spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

## Why should I have an NHS Health Check?

It's not only an opportunity to put right any health problems, but to get personalised advice on keeping yourself healthy and active in the future. After a check you will be more confident and know more about your health. You should also receive personalised advice on how to improve or maintain your health. It will give you the knowledge you need to take control of your health.

## What happens after the check?

After your NHS Health Check, you will receive a number of results. This is the time to take action to improve these results to give you a longer, better life. Research shows small changes to your habits can have a beneficial effect on your health. By giving up smoking or taking up regular physical activity you can reduce your risk of heart attack, stroke and cancer. Changes like this could add many years to your life.

## What happens at the check?

An NHS Health Check will include:

- height and weight measurements
- blood pressure measurements
- waist measurement
- a simple finger prick test for cholesterol
- questions about your health, diet, exercise and family medical history
- assessment of your level of cardiovascular risk and what you can do to reduce it

## Who are Randox Health?

Established in 1982, Randox is the largest healthcare diagnostics company in the UK. Our goal is to provide individuals with access to unrivalled health data that empowers you to take control of your health and make positive changes to help prevent future illness.