**NHS Health Checks Aged 40 -74**

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as:

* [heart disease](https://www.nhs.uk/conditions/coronary-heart-disease/)
* [diabetes](https://www.nhs.uk/conditions/diabetes/)
* [kidney disease](https://www.nhs.uk/conditions/kidney-disease/)
* [stroke](https://www.nhs.uk/conditions/stroke/)

During the check-up you'll discuss how to reduce your risk of these conditions.

The check is for people who are aged 40 to 74 who do not have any pre-existing long-term conditions. The surgery sends invitations for this check but if you think you may have missed that please send in a request. You can have this check 5 yearly. For more information [NHS Health Check - NHS](https://www.nhs.uk/tests-and-treatments/nhs-health-check/)

**New Patient Health Check**

If you have just joined the surgery and do not have any pre-existing conditions, then you can request a health check. If you do have ongoing issues, are on repeat medication or have immediate concerns then please request a GP appointment once your registration is complete. Please fully complete the New Patient Documentation and if you would like a health check you can contact us. We will arrange blood tests first if appropriate and then virtual or face to face follow up.

**Over 75s Health Check**

If you haven’t seen a GP for 12 months and you aren’t under review for any long-term illnesses, then you may request a health check. We will arrange blood tests first and then follow up as appropriate.

**Memory Tests**

If you are concerned about your memory, we can refer you to our Care Coordinator who can carry out simple baseline memory tests. Please request via Klinik or call in to arrange.