

# Going to your Annual Health Check Appointment

What happens at your  
Annual Health Check Appointment



# Going to your Annual Health Check appointment



An **Annual Health Check** is an appointment when you meet your GP to check everything about your health and to help you stay healthy.



The Annual Health Check is different to other appointments.

You can still have any other appointments you need to go to.

You can still make appointments with your GP if you are unwell.

You can still go to clinics, like asthma clinic or diabetes clinics.



A GP should see you at your Annual Health Check appointment.



A nurse might help you with some of your appointment too.



The appointment should take about 30 minutes.

It could take up to 60 minutes.



You can bring someone with you to the Annual Health Check appointment.

This could be a family member, a carer, a support worker or friend.



You can ask for something that can make your appointment easier for you.

This is called asking for a **reasonable adjustment**.



The GP or nurse will ask you questions about your health.



They will need to touch you and use some equipment to do some checks.



They might check your private body parts, like checking a man's balls, or a woman's chest.



If this is difficult, they might be able to find a different way to get the information they need.

This could be different tests or asking different questions.

They should explain what they are doing before they do any checks.



When the GP or nurse are doing the checks, they should listen to what you have to say.

They can also talk with the person who comes with you, but they should include you as much as they can.



You can talk with the GP in private if you want to.



If you are unhappy about something, or if you want something to stop, you can tell them **No** or **Stop** at any time



You should feel comfortable in your appointment to say what you want and feel safe and respected.

# Health Action Plan



At the end of your appointment, your GP should write a list of the things you can do to stay healthy.

| Health Action Plan                 |                                |                                  |                       |
|------------------------------------|--------------------------------|----------------------------------|-----------------------|
| Name: _____                        |                                |                                  |                       |
| Date of Annual Health Check: _____ |                                |                                  |                       |
| My health need                     | Action: What needs to be done? | Who will do it or who will help? | By when or how often? |
|                                    |                                |                                  |                       |
|                                    |                                |                                  |                       |
|                                    |                                |                                  |                       |
|                                    |                                |                                  |                       |
|                                    |                                |                                  |                       |
|                                    |                                |                                  |                       |

This list is called a **Health Action Plan**

Your Health Action Plan could say things like



do exercise and eat healthy food or go for more tests or appointments.



If you need support to do the things on your **Health Action Plan**,

you can talk with your GP, or someone who knows you well.

| Health Action Plan                 |                                |                                  |                       |
|------------------------------------|--------------------------------|----------------------------------|-----------------------|
| Name: _____                        |                                |                                  |                       |
| Date of Annual Health Check: _____ |                                |                                  |                       |
| My health need                     | Action: What needs to be done? | Who will do it or who will help? | By when or how often? |
|                                    |                                |                                  |                       |
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|                                    |                                |                                  |                       |
|                                    |                                |                                  |                       |

A **blank Health Action Plan** is on the next page.

# Cynllun Gweithredu Iechyd



Enw:

Dyddiad yr Archwiliad Iechyd Blynyddol:

| Fy anghenion iechyd                 | Cam Gweithredu:<br>Beth sydd angen ei<br>wneud? | Pwy fydd yn ei<br>wneud neu pwy fydd<br>yn helpu? | Erbyn pryd<br>neu pa mor<br>aml?    |
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## Parhad

| Fy anghenion iechyd | Cam Gweithredu:<br>Beth sydd angen ei<br>wneud? | Pwy fydd yn ei<br>wneud neu pwy fydd<br>yn helpu? | Erbyn pryd<br>neu pa mor<br>aml? |
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## Dyddiad adolygu i weld sut rwyf i'n gwneud:

**Dewch â'r cynllun hwn gyda chi pan fyddwch chi'n dod am eich Archwiliad Iechyd Blynnyddol nesaf.**

**Cofiwch:** Os ydych chi'n sâl neu'n poeni am eich iechyd yn y cyfnod rhwng eich Archwiliadau Iechyd Blynnyddol, gwnewch yn siŵr eich bod yn trefnu apwyntiad gyda'ch meddyg.

# Health Action Plan

**Name:**

**Date of Annual Health Check:**

| My health need    | Action: What needs to be done? | Who will do it or who will help? | By when or how often? |
|-------------------|--------------------------------|----------------------------------|-----------------------|
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# Health Action Plan

## Continued

| My health need    | Action: What needs to be done? | Who will do it or who will help? | By when or how often? |
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## Date of review to check how I am doing:

Please bring this with you when you come for your next Annual Health check.

**Remember:** If you are ill or worried about your health in between your Annual Health Check, make sure you book an appointment with your doctor.



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WALES

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a Gwellu  
Performance  
and Improvement