GIG CYMRU NHS WALES
Perfformiad a Gwella
Performance and Improvement

easy read

Annual Health Checks

What are they, who can have them and what will happen?

Table of Contents

What is an Annual Health Check? 3

Who can have an Annual Health Check? 4

When can you have an Annual Health Check? 5

Getting ready for your Annual Health Check appointment? 6

Health Profile 7

Going to your Annual Health Check appoinment 8

Health Action Plan 9

What is an Annual Health Check?

An Annual Health Check is an appointment when you meet your GP to

- check everything about your health

- help you stay healthy.

There are things you can do to get ready for your appointment.

There are things you can do after your appointment to be healthy.

Who can have an Annual Health Check?

In Wales, you can have an Annual Health Check if

- You are over 18 years old.

- Your GP surgery knows you have a learning disability.

  This is called being on the GPs' **Learning Disability Register.**

You can check with your GP surgery if you can have an Annual Health Check with them.

When can you have an Annual Health Check?

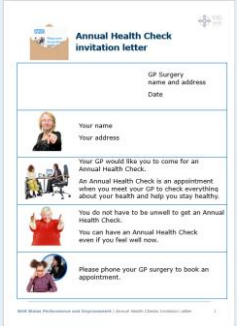
You can have 1 Annual Health Check every year.

Your GP will contact you to book an appointment.

They might phone you.

They might send you an invitation letter.

After you book your appointment, you can write down the date of your Annual Health Check appointment, to help you remember.



To see an example of an invitation, read

Annual Health Check invitation letter.

Getting ready for your Annual Health Check?

You can do some things to get ready for your Annual Health Check appointment.

These things will give the GP more information about your health.

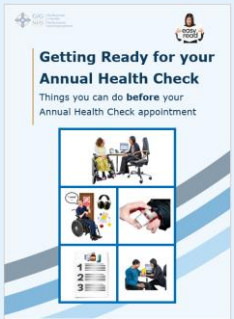
You will need to bring a sample of your pee.

You will need to get some blood tests.

You might need help from your GP Surgery to get blood tests.

You might need a different blood test appointment at your GP surgery

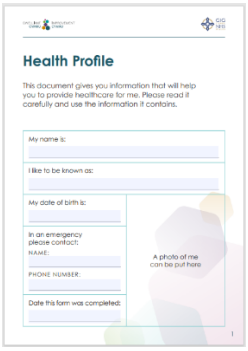
You might need to go to a hospital or clinic for your blood tests.



For more information, read

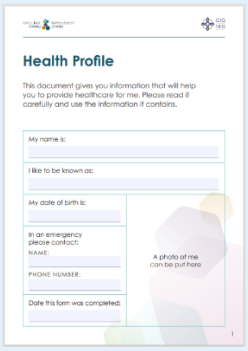
Getting ready for your Annual Health Check

Health Profile



It is a good idea to fill in a Health Profile before you go to your Annual Health Check appointment.

A Health Profile is a booklet where you can keep information about you, your health, and any support you need to make health appointments easier.



You can get a **Health Profile at improvementcymru.net/health-profile**

Going to your Annual Health Check appoinment

On the day that you booked,

go to your GP surgery
for your Annual Health Check appointment.

You should see a GP.

You might see a nurse too.

They will ask questions about your health.

They will do checks with you, like check your blood pressure, your pulse, your weight, your height.

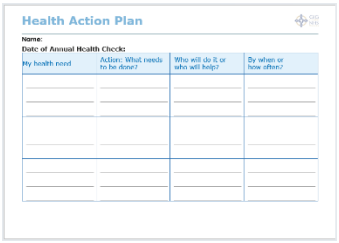
You can speak to the GP surgery before your appointment to ask for any support to make your appointment easier.

This is called asking for
reasonable adjustments.

For more information, read
Going to your Annual Health Check Appointment.

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**

Going to your
Annual Health Check
Appointment
what happens at your
Annual Health Check Appointment

For a blank health action plan, read
Going to your Annual Health Check Appointment.

Images © Photosymbols

GIG CYMRU NHS WALES

Perfformiad a Gwella

Performance and Improvement