

NHS Health Checks - Invitation only



Why do I need an NHS Health Check? I feel fine!

If you are aged between 40 and 74, you will receive an invitation to have an NHS Health Check. It's FREE and simple and could save your life! The check takes around 30 minutes and you'll be given advice on how to help you achieve and maintain a healthy lifestyle.

Even if you feel great, you should take up the offer of your free NHS Health Check. Some conditions, such as high blood pressure, often don't have any symptoms, so you may not know that you have them. For more information, [please view this YouTube video on NHS Health checks](#)

What happens at a health check?

Your blood pressure will be checked along with your height and weight, and you will have a blood test. You'll be asked some questions about your current lifestyle and family history. The check will let you know if you are at an increased risk of developing cardiovascular disease, kidney disease or diabetes in the future. It can't tell you if you already have these conditions. You can discuss the results and get personalised advice and lifestyle support. You may be asked to see your GP to discuss the results.

Where can I get a health check?

Some people will get an invite from their GP and will book in with the NHS App

However, some people may not be offered this service by their GP, or might want to have a check somewhere more convenient to them [Request an NHS Health Check - Active Lifestyles Sefton](#).

The NHS Health Check is a free assessment of your overall health. It can help determine if you are at a higher risk of developing certain health issues.

The practice will reach out to eligible patients.

Aged 40 to 74 who do not have any of the following pre-existing conditions:

- Heart disease
- Chronic kidney disease
- Diabetes
- High blood pressure (hypertension)
- Atrial fibrillation
- Transient ischemic attack
- Inherited high cholesterol (familial hypercholesterolemia)
- Heart failure
- Peripheral arterial disease
- Stroke
- Currently taking statins to lower cholesterol
- Previous assessments indicating a 20% or higher risk of developing cardiovascular disease in the next 10 years