

Patient Leaflet - NHS Health Check 2026



What to Expect

If you are aged 40 to 74 and do not already have certain long-term conditions, you may be invited for a free NHS Health Check every 5 years. The NHS Health Check helps identify early signs of:

- heart disease
- stroke
- type 2 diabetes
- kidney disease
- dementia risk

Early detection means you can get support to stay healthier for longer.

You will have been sent a link to complete a digital health questionnaire prior to your appointment.



What happens during the appointment?

Your appointment usually takes around 15 minutes if a digital questionnaire has been completed and will be carried out by a Health Care Professional.

If you have not completed a digital questionnaire your appointment could be up to 30 minutes.

During your Health Check we may:

- measure your height and weight
- check your blood pressure
- measure your cholesterol
- assess diabetes risk
- ask about smoking, alcohol, exercise and diet
- discuss family history and lifestyle factors

A blood test will be taken during your appointment to check your cholesterol and potentially blood sugar levels.

Please note if you would like to discuss other health concerns, please make an appointment with your GP practice.

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Your results

You will receive information about:

- your blood pressure
- body mass index (BMI)
- cholesterol
- diabetes risk
- your risk of developing cardiovascular disease over the next 10 years.

A letter will be sent with results digitally or by post if requested.

What support may be offered?

We can offer support with:

- healthy eating
- physical activity
- stopping smoking
- weight management
- alcohol reduction
- further GP review or tests

Before your appointment

Please:

- arrive 10-15 minutes before your appointment
- wear loose clothing if possible
- record your blood pressure whilst waiting (instructions provided) if there is a Blood Pressure pod available

Why is the NHS Health check important?

Many conditions can develop without symptoms. The NHS Health Check helps find problems early and gives you support to reduce your future health risks.



Official NHS information: [NHS Health Check programme](#)