

Dear Patient,

Your invitation to a free NHS Health Check at Kingsbridge Medical Practice.

Our records show that you are due to receive an NHS Health Check.

The NHS Health Check service is now available at Kingsbridge Medical Practice. NHS Health Check is a national programme for patient's aged between 40 and 74. The check could help you reduce your risk of developing heart disease, stroke, diabetes, kidney disease and certain types of dementia. These conditions can often be prevented, even if you have a family history of them. This service is for people living in Staffordshire and is paid for by Staffordshire County Council.

What does a Health Check involve?

Health Checks usually take about 20 to 30 minutes. There will be a few questions and measurements such as blood pressure, cholesterol levels, height, weight, age, gender and ethnicity. After the check you'll receive personalised advice to help you stay healthy.

Booking an appointment

To book an appointment, use the link in the text message or call the surgery on 01782 525740. Please note all patients **must book an appointment slot** in order to receive a Health Check. Walk-ins can not be accepted.

Yours sincerely

Dr Wendy Cooper,

Kingsbridge Medical Practice