



A reminder to book your Annual Health Check



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Hello



Please make an appointment with your doctor's surgery. It is for your Annual Health Check.



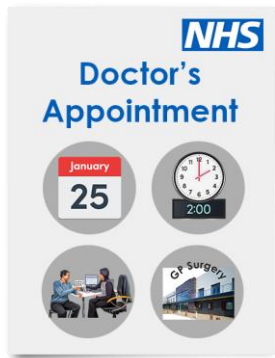
An Annual Health Check is a yearly check up at your doctor's surgery.



Having a health check every year with the doctor can help you find out if you have any health problems you need help with.

It is a good way of helping you to stay healthy.

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Please make an appointment with your doctor's surgery. You can then write down the details below as a reminder.



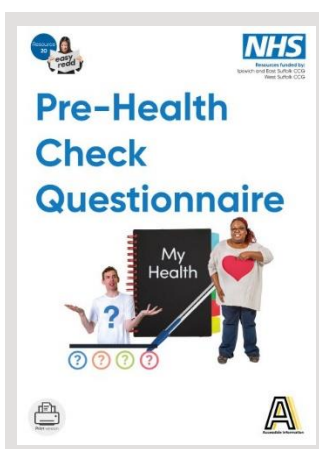
Where



Date



Time



It is important that you fill out the pre-health check questionnaire and that you bring this along to the appointment. Ask a carer or support worker for help if you need it.

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Please make sure that you bring a urine sample to the appointment. A bottle for your sample can be collected at the surgery reception desk.



Mental Health



Physical Health

A Health Action Plan will help you to look at ways to stay healthy. If you are not feeling well it will help you to get the right support.



At the appointment you will be asked if you want your own Health Action Plan. If you already have one, please bring it with you.



Thank you