

Free NHS Health Check

+ free cholesterol test*

* If eligible

Helping you prevent heart disease,
stroke, diabetes and kidney disease

You are eligible for a free check if:

- You are between 40 – 74 years old
- You are a resident in Kingston or registered with a Kingston GP
- You have **not** had an NHS Health Check within the last 5 years
- You are not taking medication for:

Heart Disease or Heart Failure
Stroke or TIA (mini stroke)
High Blood Pressure
Atrial Fibrillation
High Cholesterol
Kidney Disease
Heart Attack
Arterial Disease
Diabetes

Stroke

Heart disease

Diabetes

Kidney disease

Free NHS Health Check

Helping you prevent heart disease, stroke, diabetes
and kidney disease.

At your free NHS Health Check a health professional will:

- Ask you simple questions about your family history and any medication you are currently taking
- Measure your height and weight and record your ethnicity, sex and age
- Give you a quick finger prick blood test to check your cholesterol levels
- Take your blood pressure
- Give you advice and support on maintaining good health, and on lifestyle changes that will help you improve your health

Please call
Kingston Carers' Network
on 020 3031 2757
to book an appointment