

# Getting ready for my health check



Version 2 - November 2013



## An Easy Read guide about having a health check at your doctor's surgery



## Who can have a health check?



**Many people with learning disabilities can have a health check every year at their doctor's surgery.**

Not all doctor's surgeries do these health checks.

Talk to your doctor's surgery about whether you can have a health check.

## Getting ready for your health check



**Take someone who knows you well to your health check.**

They can support you and help you answer the questions you will be asked.



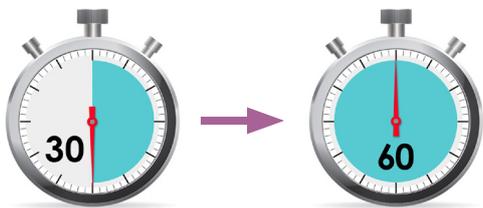
**Take your health record or health action plan with you.**

This will give the doctor or nurse lots of good information.

Make sure your medication list is up to date and take it with you.



# Important information about your health check



Your health check should take between 30 minutes and one hour.



You will see a doctor or a nurse. You may be able to choose whether to see a man or a woman.

## Health questions



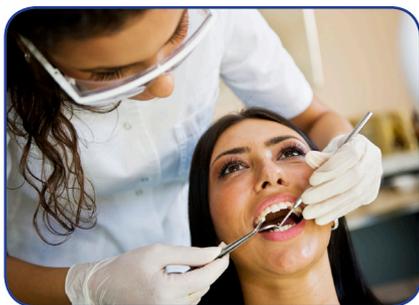
The doctor or nurse will ask you questions about your health.

## Health check up



The doctor or nurse will also give you a check up.

## Questions you may be asked



**When did you last go to the dentist?**

When is your next appointment?



**When did you last have an eye test with your optician?**

When is your next appointment?



**When did you last see a chiropodist about your feet?**

When is your next appointment?



**Have you been to hospital since your last health check or in the last 2 years?**

What did you go to hospital for?



**What illnesses have you had since your last health check?**

What other health problems do you have? What help do you get?

The doctor or nurse may also ask you questions about these things:



Hearing



Alcohol



Smoking



Eating



Drinking



Exercise



Toilet



Mental health



Immunisations



Medicine

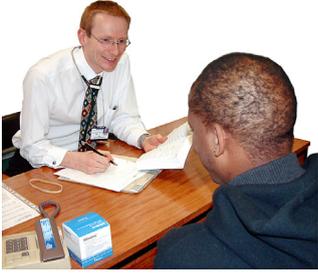


Allergies



Getting around

## Health check up



Different doctor's surgeries may do check ups in different ways.

**These are some of the checks the doctor or nurse may want to do:**



Your heart and breathing



Your blood pressure



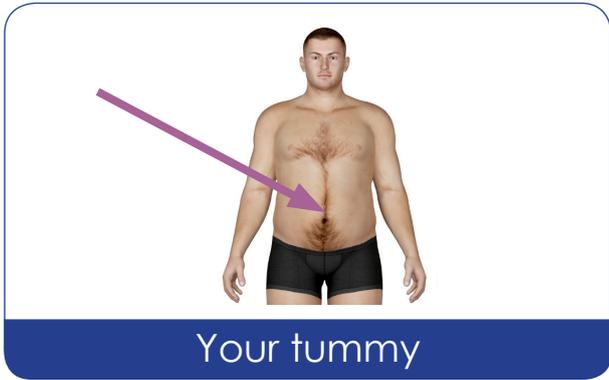
Your pulse



Your walking



Your height and weight



Your tummy



Your ears



Your eyes

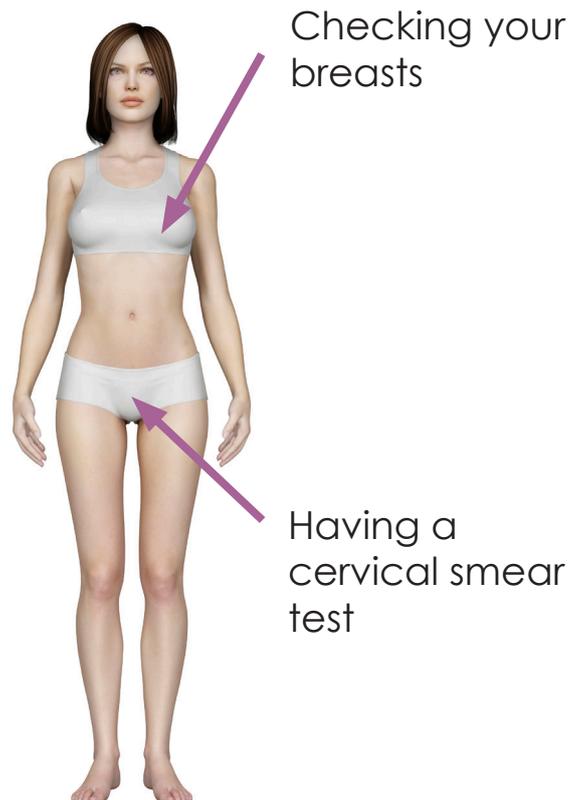


Your feet

**These are some things the doctor or nurse will talk about if you are a man or a woman:**



Checking your testicles



Checking your breasts

Having a cervical smear test

# Using this booklet

This booklet can be downloaded free of charge from [www.surreyhealthaction.org](http://www.surreyhealthaction.org)



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- Put the booklet on your website or edit and adapt the booklet in any way.

## About Easy Read information

Easy Read information using larger print, easy words and pictures to make information easier to understand. Easy Read is a summary of the key points. Whilst it is useful to help people understand complex subjects it should not be relied upon solely in the process of supporting people to make decisions about their health care and treatment.

Developed and designed by The Clear Communication People Ltd as part of a project funded by The Learning Disability Partnership Board in Surrey.



The **Clear Communication** People Ltd



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