

# You can't hide from your health!

Stay healthy.  
Book your free  
NHS Health  
Check today.

If you're aged 40 – 74  
and have not had an NHS  
Health Check in the last  
5 years book yours today.

 Improving lives together  
Norfolk and Waveney Integrated Care System





 Norfolk  
County Council

# The NHS Health Check is a free check-up of your overall health.

It can tell you whether you're at higher risk of getting certain health problems, such as:

- **heart disease**
- **diabetes**
- **kidney disease**
- **stroke**

During the check-up, you'll find out how to reduce your risk of these conditions. You'll receive a blood pressure and cholesterol test, and if you're 65 and over you will also be informed about the signs and symptoms of dementia.

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Choose to book your NHS Health Check at a place convenient to you

**Find out where and book yours today**  
**[www.norfolk.gov.uk/NHSCheck](http://www.norfolk.gov.uk/NHSCheck)**

