

# Are you in the 45 to 49 age group?

Do you have at least one of the following (or other) risk factors that could lead to a chronic disease later in life?

- High blood pressure
- Family history of disease (e.g. cancer, diabetes)
- Inadequate exercise
- High cholesterol
- Smoking
- Overweight

**If yes, you could be eligible for a free\* health check**

(\* the health check is free but any subsequent visits or reviews would be charged at the normal rate)

## Ask your doctor or nurse for more details

The aim of the health check is to help find, prevent or lessen the effect of disease. After all, it is better to avoid disease than to treat it. This health check will give us the opportunity to look at your lifestyle and

## Your doctor and nurse can support you by...

- ☞ checking your lifestyle for health risks
- ☞ giving you personalised advice on how to reduce your risk of illness by making some healthy changes
- ☞ providing you with practical advice to help you improve your health
- ☞ putting you in touch with expert advice, information and support

