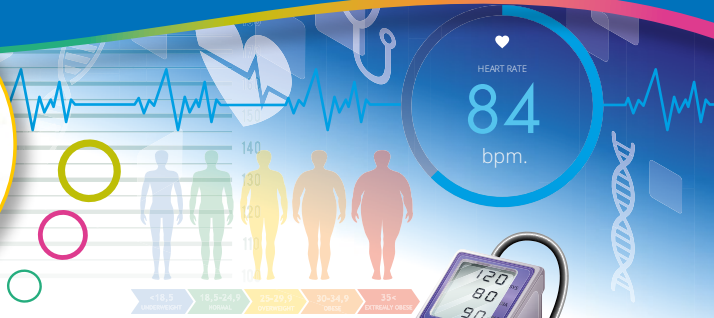


**NHS  
HEALTH  
CHECK**

Helping you prevent

diabetes  
heart disease  
kidney disease  
stroke & dementia

# Aged 40-74?



Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

**A FREE NHS Health Check** can help you reduce these risks and make sure that you stay healthy.

### What's involved?

- Height, Weight, BMI
- Blood pressure
- Cholesterol
- Heart Age

### Where can I get one?

Look out for your invite letter in the post to attend your G.P surgery. We are also offering a limited number of NHS Health Checks to Southend workplaces. Contact us for more information.

Eligibility criteria applies as follows: Aged 40-74; Has not had an NHS health check in the last 5 years; Does not have one or more of the following: Heart disease; Chronic kidney disease; Diabetes; High blood pressure (hypertension); Atrial fibrillation; Transient ischaemic attack; Inherited high cholesterol (familial hypercholesterolemia); Heart failure; Peripheral arterial disease; Stroke; Currently being prescribed statins to lower cholesterol.

For more information...

Visit: [southend.everyonehealth.co.uk](http://southend.everyonehealth.co.uk)

Email: [eh.southend@nhs.net](mailto:eh.southend@nhs.net)

Tel: **0333 005 0095**

**It's all  
FREE!**

 **Southend-on-Sea  
City Council**

 **everyonehealth**  
because everyone matters