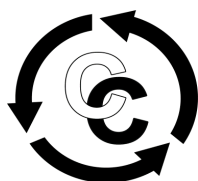


your guide to your health check



Conwy Connect for Learning Disabilities



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



this leaflet tells you



1. what a health check is

2. how to get a health check

3. what should be in your health check

4. how to find out more information about health checks



you can take it with you to your health check to help you understand

1. what a health check is



A health check is when the doctor checks if you are healthy

you don't need to be ill to get a health check

but you can ask your doctor about anything that is hurting or worrying you



it is a good idea to have a health check 1 time every year



health checks normally take between half an hour and 1 hour

but you can leave whenever you want



health checks happen at the doctors

your doctor should do some of your health check

a nurse might do some as well



you can ask someone to come to your health check with you if you want

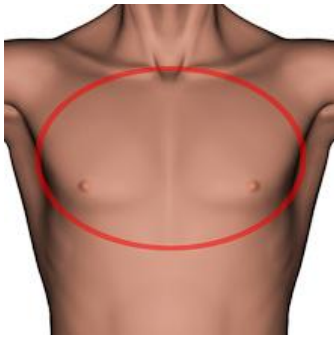


at a health check the doctor or nurse will check things like

- **how much you weigh**
- **your eyes**
- **any medicine you take**



there is a list of everything they should check at the end of this leaflet



the doctor or nurse might ask you to take some of your clothes off

this is to check things like

- **your chest**
- **your tummy**



your doctor might want to check your wee

you can bring this with you in a bottle

or your doctor can give you a bottle to wee in at your check

you don't have to do this if you don't want to



you can say no to any part of the health check if you are unhappy



doctor or nurse will say if you need to go and see any other people that can help you

they will do this at the end of the health check

2. how to get a health check



all adults with a learning disability in Wales can get a health check



you can speak to your doctor to arrange a health check



some doctors don't do health checks



if your doctor does not do health checks you can still have a health check somewhere else



**ask your doctor to tell you about another doctor
that will give you a health check**



**your health check is free
you don't need to pay for it**



**you can ask someone to help you get a health
check if you want**

you can ask someone like



- **your carer**
- **someone in your family**
- **staff who support you**

3. everything that should be checked in your health check



you can use this list to make sure your doctor or nurse checks everything you want them to



if you don't want your doctor or nurse to check some of these things just tell them



has your doctor or nurse checked

- how much you weigh

yes ☐

no ☐



- how tall you are

yes ☐

no ☐



- if you need any vaccinations

yes ☐

no ☐



- your blood pressure

blood pressure means how fast your blood moves around your body

If blood moves around your body too fast it could make you unhealthy

yes ☐

no ☐



- your wee

yes ☐

no ☐



- if you smoke

yes ☐

no ☐

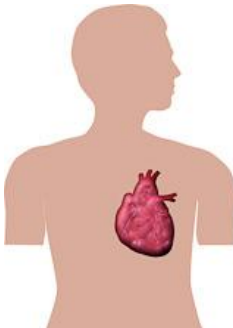


- if you drink **alcohol**

alcohol means drinks like beer and wine

yes ☐

no ☐



- your heart

yes ☐

no ☐



- how you breathe

yes ☐

no ☐



- check for problems with your tummy

yes ☐

no ☐



- your skin

yes ☐

no ☐



- your eyes

yes ☐

no ☐



- your ears

yes ☐

no ☐



- if you have any problems walking or moving around

yes ☐

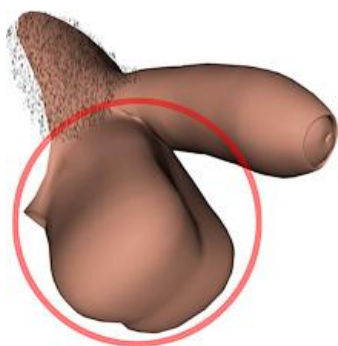
no ☐



- what medicine you take

yes ☐

no ☐



- any other tests you have had

for example you might have had your testicles checked if you are a man

yes ☐

no ☐



- any tests you might need

for example you might need your breasts checked if you are a woman

yes ☐

no ☐



- a check of any other illnesses or problems you have

for example you might have epilepsy

yes ☐

no ☐



- a blood test if you need one?

yes ☐

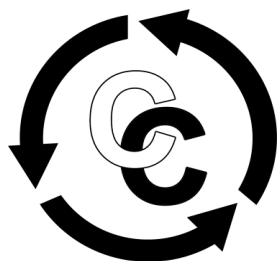
no ☐

4. how to find out more information about health checks

if you want to know more about having a health check you can speak to



- your family
- someone in your support team
- your doctor
- your local health liaison nurse for learning disabilities - 07919302374
- Conwy Connect for Learning Disabilities



Conwy Connect can answer questions about things to do with learning disabilities



The Conwy Connect phone number is 01492 536486



The Conwy Connect email address is conwy.connect@gmail.com

This document was made by Conwy Connect and Betsi Cadwaladr Health Liaison Team working in partnership based on an original work by Mencap. Pictures by Photosymbols
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