



Annual health checks can help you to stay well and find any medical problems early.



Annual health checks are carried out at a GP Surgery.



A Health check takes about 20 to 30 minutes.



A nurse will usually carry out the health check.



The nurse will ask questions about your lifestyle and family history.



The nurse will measure your: height, weight, blood pressure and heart rate.



The nurse will then help you create a list of activities and suggest healthy choices.