

# Annual Health Check



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.