

# NHS Health Check Survey

We want to find out how people decide whether to accept an invitation to have a NHS Health Check. We would be grateful if you would complete the questions in the booklet, **and return it as soon as possible in the pre-paid envelope.**

## What are NHS Health Checks?

- NHS Health Checks are offered to most people aged between 40 and 74. The Health Check looks at people's risk of developing heart disease, stroke, kidney disease or diabetes in the future.
- Over the next few weeks you will be receiving an invitation to a free Health Check offered by the NHS. The Health Check will be held either at your general practice or at a local pharmacy.

**All the information you give is private** and the study team will keep it safe.

Your GP will still invite you to have your Health Check whether you do or do not complete these questions.

Some of the questions may seem quite similar. This is because having at

## Free NHS Health Check

Helping you prevent heart disease, stroke,  
diabetes and kidney disease.



least two questions on each topic makes the survey results more reliable.

**Please post this booklet back to the study team in the freepost envelope after you have filled it out.**

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diabetes and kidney disease.







**...of me going for a Health Check in the next few weeks**

**Do you have anything else you would like to tell us about Health Checks?**

Please post this booklet to the survey team in the freepost envelope that came with this letter once you have filled it out.

**Thank you.**

If you need help completing this in English please phone [REDACTED]

[REDACTED]