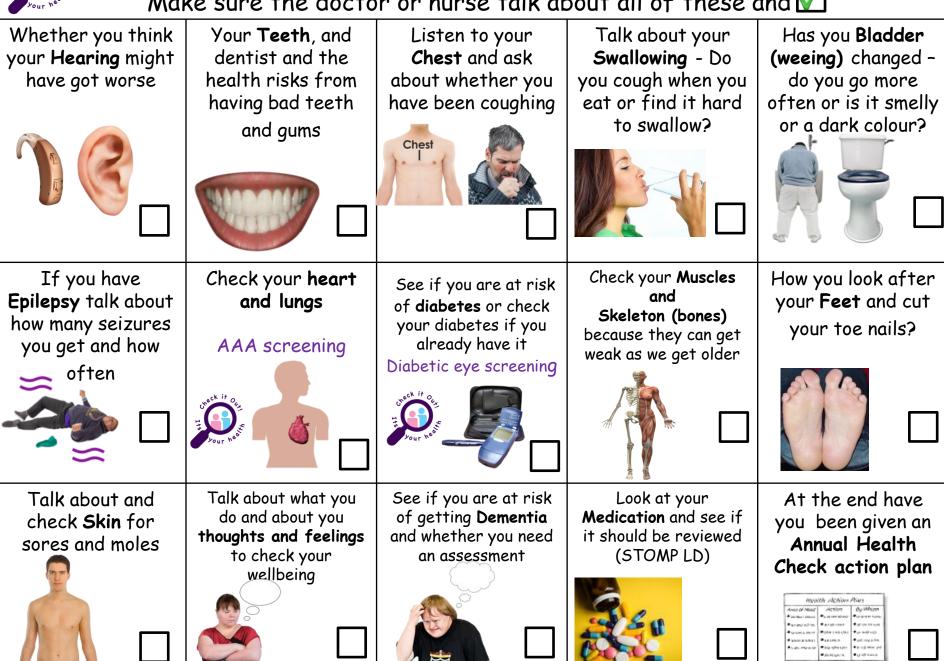
Name: Annual Health Check Checklist - page 1 Make sure the doctor or nurse talk about all of these and $\sqrt{}$ Date: Your height and How you like to be Any changes to **Important** Things you might weight and any Injections you communicated with your **mobility** be Allergic to health risks might need Your blood The free Flu What foods you What **Exercise** you Whether you pressure (BP) and eat and any health do and ways to get Smoke, drink vaccine and how you Pulse to check your risks in your diet alcohol or take can have nose spray if fitter you can't ever allow heart drugs and ways to injections help stop Talk about safe Talk about what is For women -talk For Men - do you Whether you sex and about healthy Bowels about checking know about Eyesight has Sexual Health and (poo) and Bowel **Breast** for lumps checking Testicles changed. periods and about having for lumps screening Cervical screening **Breasts Testicles**



Annual Health Check Checklist page 2 Make sure the doctor or nurse talk about all of these and





How To use the Annual Health Check checklist



The checklist has most of the things the Doctor or Nurse should talk to you about at your Learning Disability Annual Health Check.



Before you go to your Annual Health Check ask someone who supports you to help you fill out the annual health check preparation form. This will help your Doctors to see if there are health needs you have that have not been spotted before.



Remember, some illnesses hide so it is important to Check it out. The Check it Out symbol on the checklist means that you might be asked to go to a screening test to make sure you don't have illnesses hiding.



Before you go to your Annual Health Check look at all the boxes on the checklist and highlight anything you want to talk to the Doctor or Nurse about. If you need to write some notes to help you remember what you want to ask, then take these notes with you too.



Take the checklist and your notes to the Annual Health Check and tick each section off to make sure all the important things are talked about.



At the end you should be given a Annual health check Action Plan. This will say all the things that the Doctors need to do, all the things that you and the person who supports you need to do and the things that you can ask the Community Learning Disability Nurses to help with.



If you want to talk to someone about Annual Health Checks, then your GP Surgery has a learning disability link nurse who can help.

Ask the surgery for the learning disability link nurse information. This can be found at www.hertfordshire.gov.uk/ldmyhealth