

Top tips for your Learning Disability Annual Health Check appointment:

	You can take your carer or your family member or anyone else that you trust to your Annual Health Check appointment at your doctor's surgery.
	Ask your doctor or nurse to explain things you cannot understand
Take your time 20	Don't feel rushed, take your time
	Tell the doctor or nurse if there is anything that is hurting or worries you about your health
HAP Health Action Plan	Ask the doctor or nurse for a Health Action Plan at the end of the check up
Stool Chart	Bring any health information or charts you want to show the doctor or Nurse
Doctor's Surgery	If you have your old Health Action Plan, you can bring it when you come for your Annual Health Check appointment