


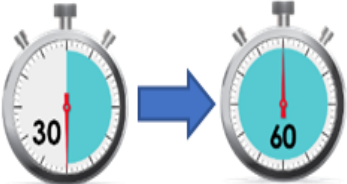



What Happens at Learning Disability Annual Health Check appointment?

“Anyone with a Learning Disability aged 14 or over, can get a free Learning Disability Annual Health Check at their doctor’s surgery.”

 <p>Doctor’s Surgery</p>	<p>You go to your doctor’s surgery for the Annual Health Check on the date and time of your appointment</p>
	<p>Annual Health Check is a head-to-toe health check</p>
	<p>Your doctor’s surgery may ask to do part of your annual health check on the telephone or video call</p>
	<p>Your appointment needs to be at least 30 minutes long</p>
	<p>Your doctor’s surgery may ask you to bring a sample of your wee</p>

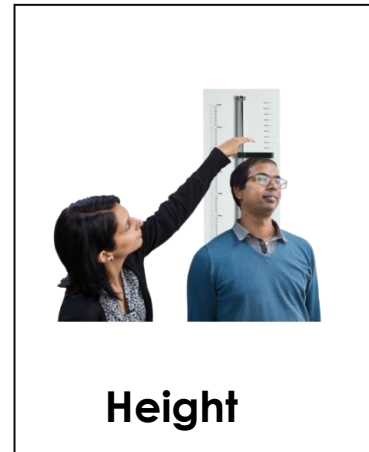
The doctor or the nurse may check your:



Blood pressure



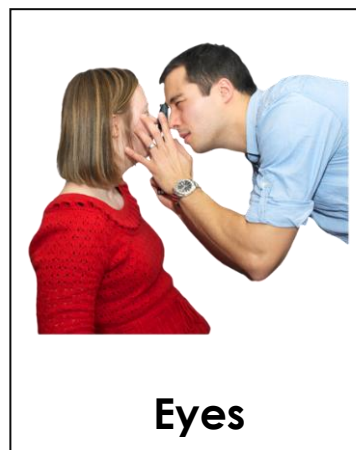
Weight



Height



Heart



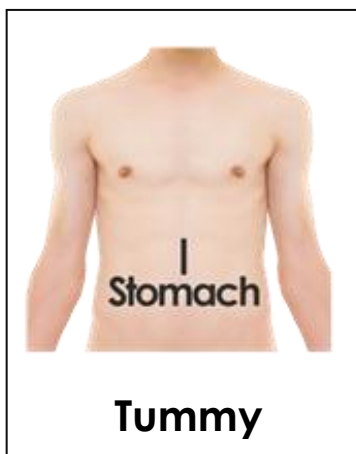
Eyes



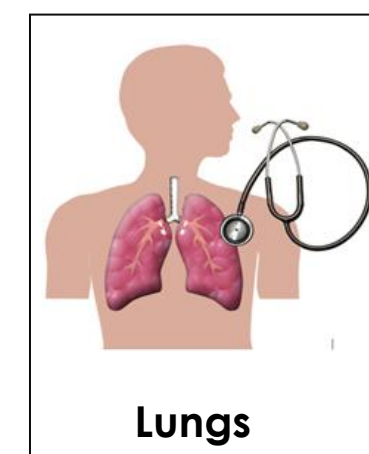
Ears



Feet



Tummy



Lungs

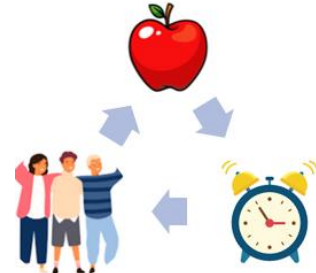
The doctor or nurse may ask you about:



**The medications
you are taking**



The food you eat



Your lifestyle



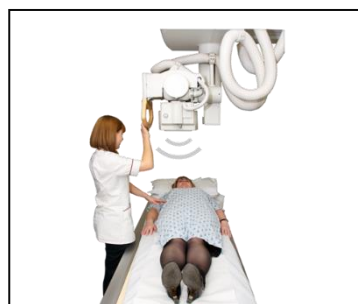
**The exercise you
do**



**If you are having
any problems going
to the toilet**



**How you are
feeling**







**Tests you can
have to check
for cancer**



**Your covid
vaccine and flu
vaccine**



**Any other health
appointments you
may have**

	<p>The doctor or nurse may do some extra tests if they think you need them like a:</p> <ul style="list-style-type: none">• blood test• wee test
	<p>The doctor or nurse may refer you to see someone else</p>
	<p>You will be given an easy read Health Action Plan; this will tell you what you need to do to stay healthy</p>
	<p>The doctor or nurse may give you easy read information about how to stay healthy</p>