

# Your Annual Health Check

Anyone with a learning difficulty can have a check up at their doctor's each year.

This is called an Annual Health Check.

This booklet will tell you about an Annual Health Check.



Mencap did some research about the health of people with learning difficulties in 2007.

They found that people with learning difficulties do not always get the health care they need.

If you go to the doctors a lot, your Annual Health Check might be quite short.



Your doctor might already have a lot of the information about you.

Sometimes, a nurse will see you first.



If you do not go to the doctor much, it might take a bit longer.

It is a good idea for everyone to go to their doctor for their Annual Health Check.



You can go on your own, or you can take a supporter or family member with you.



Some illnesses do not get better on their own. If the doctor finds out you have an illness, they can help you to get better.

The sooner the doctor finds out, the easier it will be to make you better.



**That is why it is important to have a check each year.**

All GP surgeries have been working with NHS Bath and North East Somerset to make sure they know about giving an Annual Health Check.

There is a form with this booklet. You can fill it in before you go for your check if you want to.



The doctor might ask you questions about some of your answers.



The doctor will ask you a lot of questions about your health and your life. You need to answer these honestly.

You might be weighed and your height measured.



You might have your blood pressure taken.

You might have to give a urine and a blood sample to be tested.



You might be asked about how much alcohol you drink, and if you smoke.



You might be asked about your sexual health. There is no need to be embarrassed about answering these questions.



**Having an Annual Health Check can help you to stay well.**



If you would like any more information, please contact Bath People First on:

telephone



01761 419659

or e-mail



[info@bathpeoplefirst.org.uk](mailto:info@bathpeoplefirst.org.uk)