

# Yearly Health Check



- Are you aged 14 or older?
- Do you have a learning disability?
- Have you had your free Yearly Health Check?



## What is your Yearly Health Check?

- A Yearly Health Check can help you stay well by giving you a chance to talk to a doctor or nurse about your health
- If there are any problems they can be sorted out early
- You do not have to be ill to have a health check, most people have their Yearly Health Check when they are feeling well
- To find out how we can make your visit easier, scan the QR code below on the right



14+

Learning Disabilities

## Want more information?

- 📱 Scan the QR code for more information:
- 👉 Visit Learning disabilities - Annual health checks - NHS ([www.nhs.uk](http://www.nhs.uk))
- 🏥 Or speak to your GP surgery



Dear Dr



**I have a Learning Disability, please ensure that:**



- ✓ I am on this Practice's Learning Disability register
- ✓ I have a Learning Disability Annual Health Check (from age 14 onwards)
- ✓ We discuss my Health Action Plan (where appropriate)
- ✓ I am invited for a flu immunisation every year (either by injection or nasal spray)



My name is

My date of birth is

**The best way to contact me is:**



Easy read letters



Phone number



Text to:

**Reasonable adjustments that I need to help me with an appointment would be:** for example, 'I need an appointment at a quiet time.'

SCAN ME ↓

