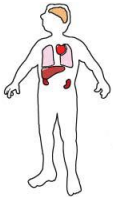


Health Checks for Adults with a Learning Disability



If you have a learning disability you may be offered a free yearly health check



The health check will find out if you are at risk from some health problems and help you make changes to make your health better



You will be seen by the nurse or doctor who will talk to you about your health and do some health checks.



You may be asked to have a blood test but this depends on your age and medical history



If you have a Health Action Plan take it with you and share it with the nurse or doctor.



After your health check the nurse or doctor will tell you how to look after your health