



This leaflet has been
checked by the
Learning Disability
Talk and Listen Group



Leicestershire Partnership
NHS Trust

Your annual GP health check



Some people will need someone to help them to go through this information so that they understand it. This person may be a member of staff, someone from your family or a friend.



You can have an annual health check at your doctors GP surgery if:

- you have a learning disability
- you are aged 14 or above
- you consent to having a health check



It is good to have a health check every year to stay healthy.



A health check will help you to make sure you are doing the right things to stay healthy.



You can take someone with you to your health check if you want to.



Let the surgery know if there is anything you need that will make it easier for you to have a health check.



You can ask questions if you want to.
You can use your own way of communicating.



The doctor or nurse will check if you are healthy and will ask you some questions about your health.



At the appointment the doctor or nurse will check:

- any medicine you take
- your height
- your weight
- your eyes, ears and skin
- your urine (wee)

They will also measure your waist.



To help the doctor or nurse to check your health they could ask you to:

- lift up your top to check your breathing or listen to your heart
- roll up your sleeves to take your blood pressure



Tell your doctor or nurse if you are worried about your private parts.

They may need to check your private parts (breasts or balls).

You can have a choice of male or female nurse or doctor to examine you.

The doctor or nurse should give you a health action plan. This is a plan to keep you healthy.

You can ask for a copy.



Try and do the things that are written in your health action plan.

Talk to a doctor or nurse if you want to change anything in your health action plan.



If you need support to follow your plan contact your GP surgery.