

# Don't hide away!

Stay healthy.  
Book your  
free NHS Health  
Check today.

If you're aged 40 – 74 and have  
not had an NHS Health Check in  
the last 5 years book yours today.



Improving lives together  
Norfolk and Waveney Integrated Care System



Norfolk County Council

# The NHS Health Check is a free check-up of your overall health.

It can tell you whether you're at higher risk of getting certain health problems, such as:

- **heart disease**
- **diabetes**
- **kidney disease**
- **stroke**

During the check-up you'll find out how to reduce your risk of these conditions. If you're 65 and over you will also be informed about the signs and symptoms of dementia.

---

Choose to book your NHS Health Check at a place convenient to you

**Find out where and book yours today**  
**[www.norfolk.gov.uk/NHSCheck](http://www.norfolk.gov.uk/NHSCheck)**

