

Annual Health Checks

For people with a learning disability aged 14+



People with a learning disability often have poorer physical and mental health than other people. This does not need to be the case.

It is important that everyone over the age of 14 who is on their doctor's learning disability register has an annual health check.

The appointment is a chance to share any health concerns and check existing conditions and medications. A physical examination including weight, blood pressure and blood tests can also be carried out.

Sheffield Mencap and Gateway are partnering with GP surgeries across Sheffield to support people to get their Annual Health Check. If you would like to find out more or request additional support to make attending the health check easier, please get in touch:



carersprojects@sheffieldmencap.org.uk

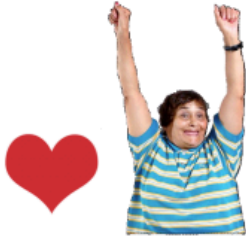


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Annual Health Checks



An Annual Health Check is done by your Doctor once a year.



Your Annual Health Checks helps you stay healthy.



You can talk to the Doctor about anything you are worried about.



Your Doctor can check things about your body like your heart and weight.



The Doctor will give you a Health Action Plan to help you stay healthy.

Sheffield Mencap and Gateway can help you with your Annual Health Check. We can help you book the appointment, get there, help in the appointment and answer any questions. Contact us:



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