



If you have a moderate or severe learning disability, you can now have a health check with your doctor.

This is so that you can stay as healthy as possible.

Someone from your surgery will contact you to make an appointment.

They will tell you if you need to take anything with you to your health check.

Your health check will take up to 1 hour.

You might need to have some tests, like blood pressure or a wee test. This might be done by the nurse.

Then you will see the doctor. The doctor will examine you and will ask you some questions about your health.



## Before your health check



Make a Health Action Plan. The Learning Disability Service can help you with this. The phone number is **01793 644900**.

Ask someone to go with you to your health check if you need help.

Let the surgery know if you have any special needs that will make it easier for you to have your health check.



## At your health check



Remember to show your health action plan to the nurse or doctor.



Ask the nurse or doctor to explain if you don't understand.

## After your health check

Your doctor will tell you if you need to do anything after your appointment.

Remember to ask for support with your health if you need it. Your doctor or the Learning Disability Service can help you with this.





If you want to know more about Health Action Plans or health checks, please contact us.



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### **Pictures by Photosymbols**

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# Health Checks For People With Learning Disabilities

