## your guide to your health check





### **Conwy Connect for Learning Disabilities**





## this leaflet tells you



- 1. what a health check is
- 2. how to get a health check



- 3. what should be in your health check
- 4. how to find out more information about health checks

you can take it with you to your health check to help you understand

#### 1. what a health check is



A health check is when the doctor checks if you are healthy

you don't need to be ill to get a health check

but you can ask your doctor about anything that is hurting or worrying you



it is a good idea to have a health check 1 time every year



health checks normally take between half an hour and 1 hour

but you can leave whenever you want



health checks happen at the doctors

your doctor should do some of your health check

a nurse might do some as well



you can ask someone to come to your health check with you if you want



at a health check the doctor or nurse will check things like

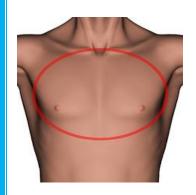
- how much you weigh
- your eyes



any medicine you take



there is a list of everything they should check at the end of this leaflet



the doctor or nurse might ask you to take some of your clothes off

this is to check things like

- your chest
- your tummy



your doctor might want to check your wee
you can bring this with you in a bottle
or your doctor can give you a bottle to wee in at
your check

you don't have to do this if you don't want to



you can say no to any part of the health check if you are unhappy



doctor or nurse will say if you need to go and see any other people that can help you

they will do this at the end of the health check

### 2. how to get a health check



all adults with a learning disability in Wales can get a health check



you can speak to your doctor to arrange a health check



some doctors don't do health checks



if your doctor does not do health checks you can still have a health check somewhere else



ask your doctor to tell you about another doctor that will give you a health check



your health check is free you don't need to pay for it



you can ask someone to help you get a health check if you want

you can ask someone like



- your carer
- someone in your family
- staff who support you

# 3. everything that should be checked in your health check



you can use this list to make sure your doctor or nurse checks everything you want them to



if you don't want your doctor or nurse to check some of these things just tell them



has your doctor or nurse checked

how much you weigh

| yes |  |
|-----|--|
|     |  |

no



how tall you are

| ves |  |
|-----|--|

no

| if you need any vaccination yes   | ons<br>no           |
|---|---------------------|
| your blood pressure      blood pressure means he moves around your body  If blood moves around your could make you unhealth yes | ur body too fast it |
| • your wee  | no                  |
| • if you smoke yes  | no                  |

| White Wine | if you drink alcohol     alcohol means drinks like yes | e beer and wine |
|------------|--|-----------------|
|            | • your heart yes                                       | no              |
|            | how you breathe  yes                                   | no              |
|            | • check for problems with yes                          | your tummy      |

|         | • your skin                          | no                |
|---------|--------------------------------------|-------------------|
| L. POLO | • your eyes yes                      | no                |
|         | • your ears yes                      | no                |
|         | if you have any problems around  yes | walking or moving |
|         | what medicine you take  yes          | no                |

| any other tests you have he for example you might have checked if you are a man yes |     |
|---|-----|
| any tests you might need for example you might need checked if you are a woma       | _   |
| a check of any other illnes have for example you might have yes                     |     |
| a blood test if you need or yes   | ne? |

# 4. how to find out more information about health checks



if you want to know more about having a health check you can speak to

- your family
- someone in your support team



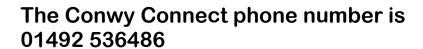
- your doctor
- the learning disability health liaison nurse for health checks - 07919302374



Conwy Connect for Learning Disabilities



Conwy Connect can answer questions about things to do with learning disabilities





The Conwy Connect website is at www.conwy-connect.org.uk

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