Practice name
Practice address line 1
Practice address line 2
Practice address line 3
Practice postcode
Practice code

NHS Number:

Dear Patient Name

Don't miss out on your free NHS Health Check

You are entitled to receive a free NHS Health Check which is designed to pick up early signs and symptoms of illness which you may not be aware of.

NHS Health Checks are being offered to people aged between 40 and 74 once every five years.

The check is to assess your risk of developing heart disease, stroke, kidney disease or diabetes. By taking early action to address any warning signs, you can improve your health and prevent the onset of these conditions. There is good evidence for this. We can provide you with the support you need.

The check should take about 20–30 minutes and is based on straightforward questions and measurements such as age, sex, family history, height, weight and blood pressure. There may also be a simple blood test to measure your cholesterol level.

Following the check, you will receive free personalised advice about what you can do to stay healthy.

Take a look at the enclosed leaflet for more information about the NHS Health Check and how it could benefit you.

To claim your free Health Check please contact **your GP practice on Tel: xxxxxxxxx** to arrange a mutually convenient appointment.

Yours sincerely

xxxxxxxxxxxxxxxx

(Name of health care professional to go here)