

Annual Health Check | Your Checklist

Annual means it happens every year.

Please fill this book in and give it to your doctor's surgery before your appointment.

My annual health check is at my GP surgery on



My name is



My main carer is



If there is an emergency please call

If you need to speak a relative please call



Tick the things that matter to you

- My friends
- My family
- Sports
- Hobbies
- My pets

Tell us what else matters to you

Reasonable adjustments



Health services should make 'reasonable adjustments' to help people with disabilities to use services.

Reasonable adjustments are small changes to help you to get services as easily as everybody else.

This can be more time or appointment at a time that is best for you.

Tell us if you need any reasonable adjustments.

Health



How many hours do you sleep each night?



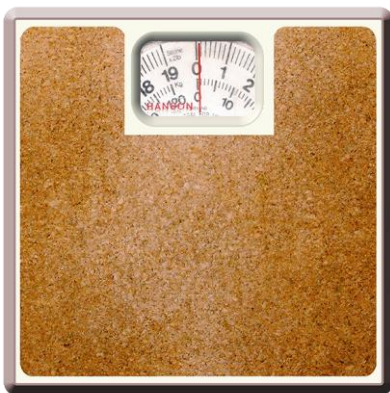
Do you have any problems when you poo?

- Yes
- No
- I Don't Know



Do you have any problems when you wee?

- Yes
- No
- I Don't Know



Has your weight changed in the last 6 months?

- ↑ Gone Up
- ↓ Gone Down

What is your weight?

Health



Do you get your teeth checked?

Yes

No

What date did you last get your teeth checked?



Tell us about any problems with your teeth or gums



Top Tip:

Brush your teeth twice a day

Health



Have you had your eyes tested?

- Yes
- No
- I Don't Know

What date did you last get your eyes tested?



Have you had your hearing tested?

- Yes
- No
- I Don't Know



Tell us about any problems with your hearing

Health



Do you smoke?

Yes

No

I vape

Tell us how much you smoke



Top Tip:

Tell us if you want to stop smoking or vaping.

Or go to www.nhs.uk and search for 'stop smoking'.



Do you drink alcohol?

Alcohol means drinks like beer, wine or spirits

Yes

No

Tell us how much alcohol you drink in a week

Health

What exercise do you do each week?



- Walking
- Swimming
- Dancing
- Running
- Gym
- Team sports
- Other



Top Tip:

You can ask for help to get more active at your appointment.

It's good to do 30 minutes activity every day.

Flu Vaccination



Do you get your flu jab every year?

- Yes
- No
- I Don't Know

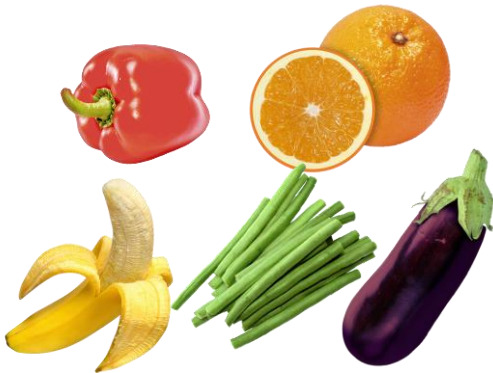
Eating



How much fruit do you eat each day?

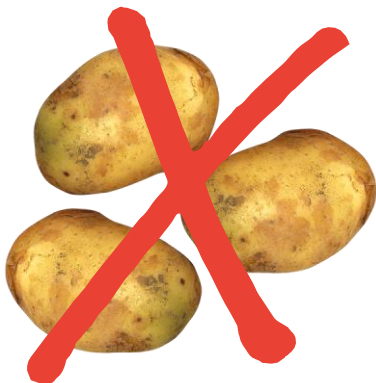


How many vegetables do you eat each day?



Top Tip:

Try to eat different coloured fruit and vegetables.



Top Tip:

Potatoes do not count as one of your five a day.

Drinking



What do you like to drink each day?

- Water
- Tea
- Coffee
- Fizzy drinks
- Juice
- Squash
- Other

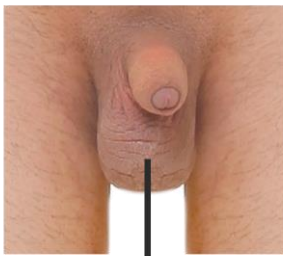
Health Screening



Have you had a bowel cancer screening?

- Yes
- No
- I Don't Know

Health Screening - Male

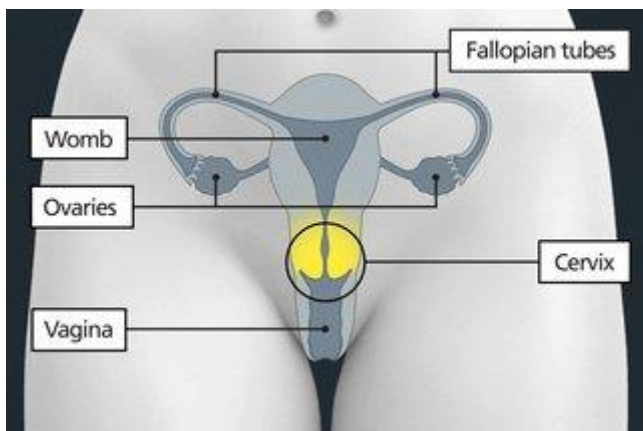


Testicles

Do you check your own testicles?

- Yes
- No
- I Don't Know

Health Screening - Female



A cervical screening is a check to make sure your cervix is healthy.

Your cervix is in your vagina.

Have you had a cervical screening?

- Yes
- No
- I Don't Know

Health Screening - Female



A mammogram is a scan of your breasts.

Have you had a mammogram?

- Yes
- No
- I Don't Know



Do you check your own breasts?

- Yes
- No
- I Don't Know



Top Tip:

You only need a cervical screening if you are aged 25 and over.

You only need a mammogram if you are aged 50 and over.



Are your periods painful or heavy?

- Yes
- No
- I Don't Know

Sexual Health



Do you have sex with a partner?

- Yes
- No
- I Don't Know



Do you use condoms?

- Yes
- No
- I Don't Know



Top Tip:

Mencap have lots of information about sex and relationships.

Go to www.mencap.co.uk and search for 'sex and relationships'.



Do you use any other contraception?

- Yes
- No
- I Don't Know

Tell us about your feelings

How have you been feeling over the last week?



Very Happy



Happy



Neutral



Sad



Really Sad

Have you been worried over the last week?



Not
Worried



A bit
Worried



Fairly
Worried



Worried a
lot



Worried all
the time

Would you like help with any of these things?



- Finding a hobby
- Making new friends
- Getting a job
- Volunteering
- Help with money

Social Prescribing



Social prescribing is about helping people to stay healthy by getting involved in their local community.

Social prescribers are based at your GP surgery.

Ask about social prescribing during your health check.



Top Tip:

There is support available for carers.

If you live in Bristol or South Gloucestershire, go to:

www.carerssupportcentre.org.uk

If you live in North Somerset, go to:
www.n-somerset.gov.uk and search for 'carers'.

Health Action Plan



Have you got a Health Action Plan?

- Yes
- No
- I Don't Know



Can we share your plan with other staff?

- Yes
- No
- I Don't Know



Top Tip:

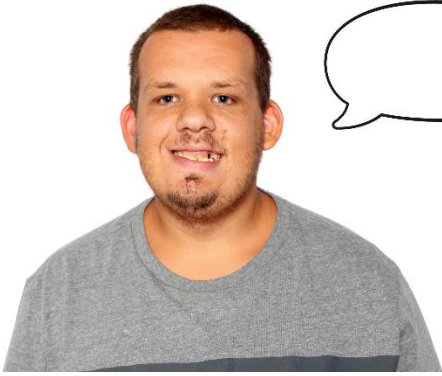
At the end of your annual health check, you will get a health action plan.

If you don't get one, ask for one.



What goals do you have for this year?

A large, light gray rounded rectangular area containing six horizontal dotted lines for writing.



Is there anything else you want to talk to us about?

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Is there anything else your carer wants to talk to us about?

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