



# Getting your Learning Disability Annual Health Check



Annual Health Checks happen **once a year**.



They are for people **aged 14 and older** who have a **learning disability**.



To get an Annual Health Check you must be on your GP practice **Learning Disability Register**.

You can tell your practice you have a learning disability and would like to be put on the Learning Disability Register.



The GP practice will send a letter or ring you to make an appointment for your health check.

**You can also ask for an appointment.**



The health check **appointment will be longer** than your other appointments at the GP practice.



The **doctor** and or practice **nurse** will do the health check.

**You don't need to be ill** to get a health check.

They will **ask questions** about your health and will **do some checks** like blood pressure.

**Getting ready for your Annual Health Check**  
Annual Health Checks are:  
To help you stay well and healthy

About having an Annual Health Check – Easy Read Guide  
[https://www.mercurer.nhs.uk/sites/default/files/2016-08/Annual\\_health\\_checks\\_Easy\\_Read\\_1.pdf](https://www.mercurer.nhs.uk/sites/default/files/2016-08/Annual_health_checks_Easy_Read_1.pdf)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please remind me of appointments by ..... \_\_\_\_\_

You can **fill in** [“getting ready for your annual health check” guide](#) before you have your health check.

It will help you to **think about** any **questions** you have.

**Take** your Getting Ready booklet **to the health check appointment.**



The person who does your health check will also write a **health action plan** with you.

Your health action plan should tell you what things need to happen to **keep you healthy.**



If you have **any problems** arranging your health check ask to **speak to the practice manager.**

They can help you.



For **more information**, please **contact:**

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