



## Aged 40-74? Find out about our **FREE** NHS Health Check

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A **FREE** NHS Health Check can help you reduce these risks and make sure that you stay healthy.

Apply and book your Health Check at  
[livewellderby.co.uk/nhs-health-checks](http://livewellderby.co.uk/nhs-health-checks)  
call 01332 641254

**NHS  
HEALTH  
CHECK**

Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia



In partnership with

A Derby City Council Project

## what happens at the check?

- The check will take 30 to 40 minutes and is carried out by one of our friendly Health Check advisors.
- You'll be asked some simple lifestyle questions.
- We'll record your height, weight, body mass index, age, sex and ethnicity.
- We'll check your blood pressure and pulse as well as your cholesterol through a fingertip blood test (you can eat and drink as normal before the check).
- You'll be taken through your results, including your diabetes risk and told what they mean. You'll even find out your heart age!
- You'll be given personalised advice on how to lower your risk and maintain a healthy lifestyle. If you qualify, you'll be given information about our free 12-month programmes to lose weight and/or stop smoking.

## how to book

- Booking an appointment is easy. You can book online at [www.livewellderby.co.uk/nhs-health-checks](http://www.livewellderby.co.uk/nhs-health-checks) or call **01332 641254** and we'll take your details over the phone.
- Appointments are available at Florence Nightingale Community Hospital and Derby City Council House.

## making a difference



**livewellderby.co.uk**

call **01332 641254** or  
email [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk)  
minicom **01332 640666**



**livewell**

**HELPING PEOPLE IN  
DERBY LIVE BETTER**

A Derby City Council Project