



Providing **FREE**
NHS Health Checks
to 40-74 year-olds
in Norfolk

Community Partner guide

norfolkhealthchecks.reedwellbeing.com

**NHS
HEALTH
CHECK**

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

In partnership with

Reed Wellbeing

Norfolk
County Council



About the NHS Health Check

Reed Wellbeing are providing the Norfolk NHS Health Checks service on behalf of Norfolk County Council.

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as heart disease, diabetes, kidney disease, dementia and stroke. If you are aged 40-74 and have not already been diagnosed with one of these conditions, you can have a free NHS Health Check every five years to assess your risk level and take preventive measures.

The NHS Health Check takes about 20 to 30 minutes. It is conducted by a Reed Wellbeing Health Check Practitioner. The check consists of some simple lifestyle and family questions, physical measurements including weight and blood pressure, and a blood test. The blood test measures cholesterol and blood sugar levels.

The NHS Health Check provides an individual a cardiovascular disease risk score. This is an estimation of the likelihood of getting heart disease or having a stroke in the next 10 years. The risk of developing kidney disease and diabetes is also identified.

Depending on the risk score - either High, Medium or Low - the individual will be given advice on lowering their risk.

Onward referral to local services, such as stop smoking and physical activity services, may be made. Those scoring High risk will also be referred back to their GP for further support.

Eligibility:

- Aged 40-74
- Living in Norfolk and/or registered with a GP in Norfolk
- Has not had an NHS Health Check in the last 5 years
- Does not have a condition listed in the exclusion criteria (including diabetes, high blood pressure, hypercholesterolemia, kidney disease, stroke, angina)



The health conditions identified by the NHS Health Check are the biggest cause of preventable deaths in the UK, affecting around 7 million people. The latest research suggests that:

- For every 30 to 40 people having an NHS Health Check, one person is diagnosed with high blood pressure.
- For every 80 to 200 people having a Health Check, one person is diagnosed with Type 2 diabetes.
- For every six to ten people having an NHS Health Check, one person is identified as being at high risk of cardiovascular disease.





What we offer

At Norfolk NHS Health Checks, we are committed to improving community health by partnering with the Voluntary, Community, and Social Enterprise (VCSE) sector. Our services include:

- **Workplace NHS Health Checks:** We provide on-site NHS Health Checks for employees, helping to promote a healthier workforce.
- **Ad-hoc delivery:** Flexible NHS Health Check services tailored to the needs of your organisation, available at your location.
- **Event participation:** We join community events to offer NHS Health Checks and promote health awareness.
- **Partnership opportunities:** Collaborate with us to enhance health initiatives and reach more people
- **Networking:** We connect with other organisations to share best practices and resources.
- **General health services:** we provide comprehensive NHS Health Checks that include blood pressure, cholesterol and lifestyle assessments.

Here is what some participants had to say about their NHS Health Check:

"Elaine was absolutely lovely and made me feel very comfortable."

"Jen was so nice. Really informative and knowledgeable. Made it a really relaxing experience."

"Kirsty was very professional and informative, an excellent service."

"Very useful, an important service to make people aware of their health and how to take action."

How you can get involved

We need your support to make these health checks accessible to more people. Here's how you can help:

- **Get in touch:** Reach out to us to discuss how we can work together.
- **Promote NHS Health Checks:** Use our resources to spread the word about the importance of NHS Health Checks.
- **Website content:** Add information about our service to your website.
- **Social media content:** Share our posts and updates on your social media platforms.
- **Follow us on Facebook:** Follow us @ norfolknhshhealthchecks and share our posts to increase visibility.
- **Signpost:** Direct individuals to our services and encourage them to take advantage of NHS Health Checks.

Get in touch

If you require more information on our service and how we can work together please contact Kirsty.Wiseman@reedwellbeing.org.uk

norfolkhealthchecks.reedwellbeing.com





Reed Wellbeing

