About having a health check



Easy read

mencap
The voice of learning disability

RCGP Royal College of General Practitioners

Improving Health and Lives: Learning Disabilities Observatory



This leaflet tells you

- what a health check is
- how to get a health check



- how to find out more information about health checks.

What a health check is

A health check is when the doctor checks if you are healthy.



You don’t need to be ill to get a health check. But you can ask your doctor about anything that is hurting or worrying you.



It is a good idea to have a health check 1 time every year.



Health checks normally take between half an hour and 1 hour but you can leave whenever you want.



Health checks happen at the doctors.
Your doctor should do some of your health check.
A nurse might do some as well.



You can ask someone to come to your health check with you if you want.



At a health check the doctor or nurse will check things like

• how much you weigh

• your eyes



• any medicine you take

• if you are feeling happy or sad

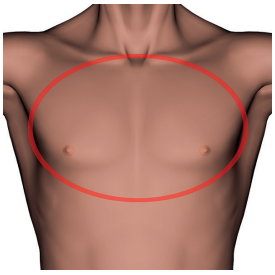


• what food you eat.



There is a list of everything they should check at the end of this leaflet.

The doctor or nurse might ask you to take some of your clothes off so they can check things like



• your chest

• your tummy.



Your doctor might want to check your wee.

You can bring this with you in a bottle. Or your doctor can give you a bottle to wee in when you come to the doctors.

You don’t have to do this if you don’t want to.



You can say no to any part of the health check if you are unhappy.



After your health check the doctor or nurse will say if you need to go and see any other people that can help you.

How to get a health check



Lots of people with a learning disability can get a health check.



You can speak to your doctor to find out if you can get a health check.



Some doctors don't do health checks.



If your doctor does not do health checks, you may still be able to have a health check somewhere else.



Ask your doctor to tell you about another doctor that will give you a health check.



If you can have a health check you don't need to pay for it.



You can ask someone to help you get a health check if you want.

You can ask someone like



- your carer
- someone in your family
- staff who support you.

How to find out more information about health checks



If you want to know more about having a health check you can speak to

• your family



• someone in your support team

• your doctor

• **Mencap Direct.**

Mencap Direct can answer questions about things to do with learning disabilities.



Their phone number is 0808 808 1111.



Their email address is help@mencap.org.uk

Everything that should be checked in your health check



You can use this list to make sure your doctor or nurse checks everything you want them to.



If you don't want your doctor or nurse to check some of these things just tell them.

Has your doctor or nurse checked



• how much you weigh

☐ Yes ☐ No



• how tall you are

☐ Yes ☐ No



• what food you eat

☐ Yes ☐ No



• what exercise you do

☐ Yes ☐ No



• if you smoke

☐ Yes ☐ No



• if you drink **alcohol**

Alcohol means drinks like beer and wine.

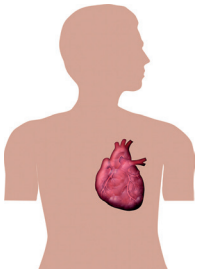
☐ Yes ☐ No



• your **blood pressure**

Blood pressure means how fast your blood moves around your body. If blood moves around your body too fast it could make you unhealthy.

☐ Yes ☐ No



• your heart

☐ Yes ☐ No



• how you breathe

☐ Yes ☐ No



• your eyes

☐ Yes ☐ No



• your ears

☐ Yes ☐ No



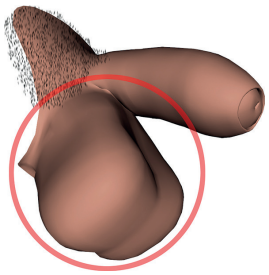
• what medicine you take

☐ Yes ☐ No



• your wee

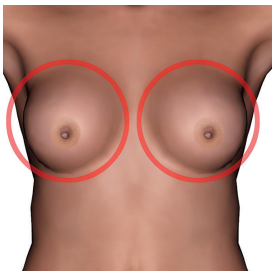
☐ Yes ☐ No



• any other tests you have had

For example you might have had your balls checked if you are a man.

☐ Yes ☐ No



• any tests you might need

For example you might need your breasts checked if you are a woman.

☐ Yes ☐ No



• a check of any other illnesses or problems you have

For example you might have epilepsy.

☐ Yes ☐ No



• a blood test if you need one?

☐ Yes ☐ No

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