



**WF GP FedNet**  
PARTNERSHIP IN HEALTHCARE

## Free NHS Health Check

Helping you prevent heart disease, stroke,  
diabetes and kidney disease.



### **WF FedNet are undertaking NHS Health Check's on behalf of your surgery.**

The NHS Health Check assesses your risk of developing heart disease, stroke, diabetes, kidney disease and some forms of dementia.

- *The NHS Health Check is a 20 minute appointment at a convenient location within Waltham Forest with appointments offered at the weekends.*
- *The check will include a cholesterol blood test (finger prick test) and blood pressure check with immediate results.*
- *You will be asked some simple questions e.g. family history.*
- *Your height, weight, age, sex and ethnicity will be recorded.*
- *You will be taken through your results with a Health Care Assistant.*
- *Personalised advice on how to lower your risk and maintain a healthy lifestyle.*

**WF FedNet will be sending letters and contacting patients by telephone who are eligible\* for an NHS Health Check.** (Eligible patients are between 40 – 74 years old who have not been diagnosed with one of the following conditions: Heart disease, stroke, diabetes, kidney disease and dementia.)

If you would like further information on this service, please call 0208 519 3999 or visit [www.nhs.uk/nhshealthcheck](http://www.nhs.uk/nhshealthcheck)

