

# Chairman's Announcements

<b>Subject:</b>	<b>NHS Health Checks</b>
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## Summary of announcement:

Wiltshire residents are encouraged to take advantage of free NHS Health Checks, to help reduce the possibility of them developing life threatening conditions and illnesses.

The NHS Health Check programme, commissioned by Wiltshire Council and provided by local GP practices, helps to check people's risk of developing conditions such as heart disease, diabetes and others, with support and advice also provided to help them reduce or manage that risk.

Everyone between the ages of 40 and 74, who has not already been diagnosed with one of these conditions or is otherwise ineligible, is invited every five years to have a free NHS Health Check.

The check only takes about 20 minutes and people will be asked some simple questions related to their lifestyles, family history and medication use. Some simple tests including blood pressure will be taken as well as an instant blood test to check cholesterol levels. The results will be discussed and further advice and support provided. Should they be required, additional tests will be carried out.

Keith Humphries, cabinet member for public health: "We want more people to take up the offer of these free NHS Health Checks as they can prevent people from getting a number of serious conditions.

"The check doesn't take long but could have long-term benefits and perhaps offer some reassurance and support to people who may be a little worried about their health."

Dr Daz Harding: "GP practices will invite people to attend their NHS Health Check. Many people decline the invite as they feel fit and healthy, or they are too busy, but attending the NHS Health Check is important as many of diseases such as high blood pressure and type II diabetes can come on gradually with no symptoms. So I would urge everybody, when they receive their invite, to make that appointment and attend."