Free NHS Health Checks in Pilling

NHS HEALTH CHECK

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

17th January (10am – 4pm) Pilling Village Hall

The NHS Health Checks Lancashire team are heading to Pilling Village Hall!

As we get older, we are all at higher risk of developing certain health conditions such as high blood pressure, heart disease or type 2 diabetes.

Even if someone is feeling well a free NHS Health Check is a simple way to spot the early warning signs so they can take action to improve their health.

Who's eligible?
Anyone aged 40-74 who lives or works within the Lancashire County Council area and does not have certain pre-existing conditions (check the website for more details).

What is an NHS Health Check?
An appointment takes ~ 30 minutes and includes checks for:

- Height and weight
- Blood Pressure
- Cholesterol
- Blood sugar
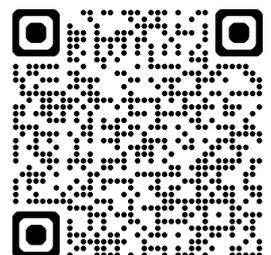- Basic questions about your family history, exercise, alcohol and smoking

Results are shared with your GP and where appropriate the team will refer onto a range of lifestyle services.

How to access
Visit the NHS Health Checks Lancashire website by scanning the QR code or by visiting the following link: www.nhshealthcheckslancashire.co.uk/book-now/

New dates and locations are added on a regular basis.

You can also book by giving the team a call via: 0300 033 6431

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