



What?

Are you 14 or over with a learning disability?

Do you want to be healthy and fit and do all the things you want to do?



Don't miss out on having an Annual Health Check with your GP!



You don't have to be ill to have an Annual Health Check. It's a chance to talk about things that might be worrying you.



It's a great way for you to get to know your Doctor and for them to find out more about you.



How?

Are you on your GP's Learning Disability register?



Anyone on the GP Learning Disability register aged 14 or over should be offered an Annual Health Check.

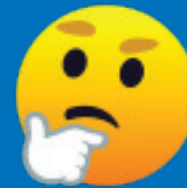


You can go on the register at any age if you, or your family / carers, think you have a learning disability.



Herefordshire and
Worcestershire
Clinical Commissioning Group

Are you fit?



Why?

Annual Health Checks
Help you in loads of ways



Most health problems are simple to treat once you know about them.



Regular Health Checks will help stop you getting serious conditions.



It's much better than waiting until you're ill and maybe in pain.



You can talk to your GP about how you're feeling.



You can ask questions about your health including your care and medication.



Your GP can give you information you need in a way that will help you.



Regular Annual Health Checks can help when you reach Adulthood.



Reasonable What?

Don't like going
to the Doctors?

Why not ask for Reasonable Adjustments?

- 🤔 A Reasonable Adjustment is something that healthcare professionals can do to help someone get better health care.
- 🤔 Ask your GP about things that might help you like:
 - 🤔 Longer appointment times.
 - 🤔 Early or late appointments to avoid a busy surgery.
 - 🤔 Needing support to communicate; interpreter, signer, carer.
 - 🤔 Using pictures, larger print and simple words to explain what's happening.

More information



tinyurl.com/2k27drdc
tinyurl.com/3d3pkxs



What happens?

You will be checked and can
ask health questions

- 🤔 The Doctor or Nurse will record your height, weight, heart rate and blood pressure.
- 🤔 They might explain other checks you need for things like diabetes or urine infections.
- 🤔 You can ask about the medicines you take and if they're right for you.
- 🤔 You can find out if your vaccinations are up to date.
- 🤔 You can make sure problems like asthma or diabetes are being managed.
- 🤔 You can ask about any other health appointments you might need.
- 🤔 Your GP can ask your family/carers if they're getting the help they need.
- 🤔 You can ask for health information and advice that's easy to understand. Find out about things like:
 - 🤔 Healthy eating
 - 🤔 exercise
 - 🤔 contraception
 - 🤔 stopping smoking