



WEMBLEY PARK DRIVE MEDICAL CENTRE  
19-21 Wembley Park Drive  
Wembley Middlesex HA9 8HD

## FREE NHS HEALTH CHECK

People aged between 40 and 74

We are inviting you to attend your **Free NHS Health Check**

NHS Health Checks are being offered to people aged between 40 and 74 once every five years.

The check will assess your risk of developing:

λ **HEART DISEASE** λ **STROKE** λ **KIDNEY DISEASE**  
λ **DIABETES**

It will include questions on age, sex,  
And family history.

There will also be checks on:

λ **WEIGHT** λ **BLOOD PRESSURE** λ **A BLOOD TEST ON**  
**CHOLESTEROL** λ **GLUCOSE ETC**

### Free personal advice

Following the check, you will receive free personal advice from

**Health Care Asst or Practice Nurse**

About what you can do to stay healthy.

If there are any warning signs, then together we can do something about it.

