NHS Essex Learning Disability Partnership

Are you due your Annual Health Check?



If you have a learning disability and are aged 14 or older, you can have an Annual Health Check.



You will need to be on the Learning Disability Register.
If you are not on the register please tell the Doctor's Receptionist.



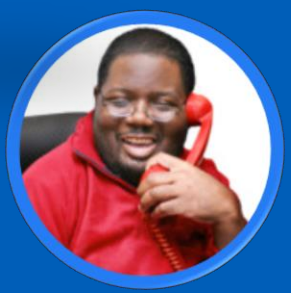
It's a free check up on your health!
It takes place once a year at your Doctor's Surgery.



Your appointment may take up to an hour.
You may want someone to go with you for support.
You can talk about anything that is hurting or worrying you.



You will be given a Health Action Plan to help you to have a healthy, happy life.



To find out more please speak to your Doctors Surgery.