



Your NHS Health Check Results

Useful contacts

Name of person who delivered your NHS Health Check:

Name:

Email:

Tel no:

Date:

Name: Date:

For more information
Call: 0333 005 0093

NHS HEALTH CHECK

- Helping you prevent
- diabetes
- heart disease
- kidney disease
- stroke & dementia

In partnership with



Funded by Cambridgeshire County Council and Peterborough City Council



Healthy You

In partnership with



Funded by Cambridgeshire County Council and Peterborough City Council



Healthy You

Thank you for having your NHS Health Check today. We hope you have found it beneficial.

Some of your results are colour coded:

- Well done
- Be careful
- ACT NOW

What small things can you start to change today?

What do you want to work on over the next month or so?

What's your goal?

On a scale of 0-10 how confident do you feel that you can achieve this goal?
(1 = not confident, 10 = very confident)

What could stop you?

Who can help / support you?

How can you reward yourself when you achieve your goal?

I agree to these goals. Signed _____ Date _____

Height: _____ Weight: _____

				My reading
Blood pressure	Ideally 140/90 or below		140/90 or above	
Activity	Active	Moderately inactive	Inactive	
Smoking	No	Passive	Smoker	
BMI	25 or less	25-29	30+	
If you are Asian	22.9 or less	23-27.4	27.5+	
Alcohol				
Cardiovascular Risk (%)*	10% or less	Between 10-19%	20%+	
HbA1c				
Cholesterol	Total	HDL	Ratio	
Healthy Heart Range				

* This means your % risk of developing cardiovascular disease.