

# FREE Health Checks



Designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. An NHS Health Check helps find ways to lower this risk.



FREE to everyone in Cambridgeshire and Peterborough aged between 40 and 74 and takes just 20 to 30 minutes



To book your **FREE** NHS Healthcheck appointment text: **HEALTHYU** to 60777 or call: 0333 005 0093, or visit [www.healthyyou.org.uk](http://www.healthyyou.org.uk)



Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia



Funded by Cambridgeshire County Council and Peterborough City Council



Healthy You