


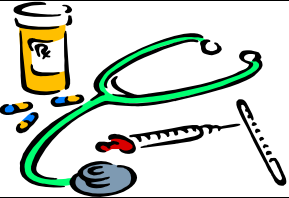



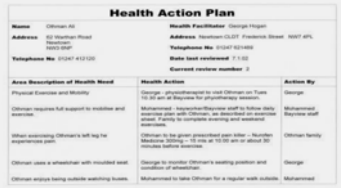



A Step by Step Guide to Annual Health Checks in Brighton & Hove

	<p>Every GP Practice in the City can do a health check once a year for people who a learning disability</p> <p>Make sure your GP practice knows that you have a learning disability</p>
	<p>The practice will send a letter or ring you to make an appointment for your health check</p> <p>You can also ask your GP practice to make an appointment</p>
	<p>If you have any problems arranging your health check ask to speak to the practice manager. They can help you.</p>
	<p>You can fill in a health assessment booklet before you have your health check. It will help you to think about any questions you have.</p>
	<p>You can get a health assessment booklet from the partnership board web site: www.brightpart.org/healthy.php</p>
	<p>Take your health assessment booklet to the health check appointment.</p> <p>The health check appointment will be longer than your other appointments at the GP practice.</p>
	<p>The doctor or practice nurse will do the health check.</p> <p>They will ask lots of questions about your health and will do some checks like blood pressure.</p>
	<p>The person who does your health check will also write a health action plan with you.</p> <p>You will get a copy of the health action plan to keep.</p>
	<p>If you want to know more contact Natalie the Health Facilitator at the Community Learning Disability Team on 01273 295550.</p>