

FREE NHS HEALTH CHECKS



AGED BETWEEN 40 & 74?
Check to see if you're eligible for a free health check



Check if you are eligible by visiting
<https://nhshcdoncaster.randox.com>

Alternatively call us on
0800 2545 452



FREQUENTLY ASKED QUESTIONS

What is an NHS Health Check?

The NHS Health Check is a free health check-up for adults in England aged 40-74. It's designed to help spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

Why should I have a NHS Health Check?

It's not only an opportunity to put right any health problems, but to get personalised advice on keeping yourself healthy and active in the future. After a check you will be more confident and know more about your health. You should also receive personalised advice on how to improve or maintain your health. It will give you the knowledge you need to take control of your health.

What happens at the check?

An NHS Health Check will include:

- height and weight measurements
- blood pressure measurements
- waist measurement
- a simple finger stick test for cholesterol
- questions about your health, diet, exercise and family medical history
- assessment of your level of cardiovascular risk and what you can do to reduce it

What happens after the check?

After your NHS Health Check, you will receive a number of results. This is the time to take action to improve these results to give you a longer, better life. Research shows small changes to your habits can have a surprising effect on your health. By giving up smoking or taking up regular physical activity you can reduce your risk of heart attack, stroke and cancer. Changes like this could add many years to your life.

Who are Randox Health?

Established in 1982, Randox is the largest healthcare diagnostics company in the UK. Our goal is to provide individuals with access to unrivalled health data that empowers them to take control of their health and make positive changes to help prevent future illness.

We have a dedicated health check clinic situated conveniently in central Doncaster at **Cussins House, (22-28 Wood Street, Doncaster, DN1 3LW)**. We also host a number of community based testing provision for those that cannot access the clinic. Please see <https://nhshcdoncaster.randox.com> for appointment availability at each venue.