



Birmingham and Solihull
Clinical Commissioning Group

Yearly health checks for people with learning disabilities aged 14 and over



**easy
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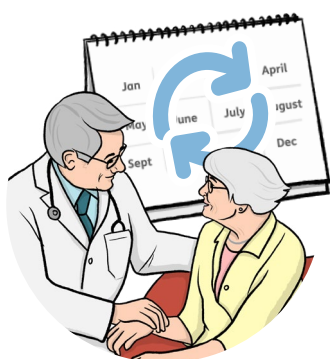


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Introduction



This information is from the NHS in Birmingham and Solihull.



If you have a learning disability and are over the age of 14, you can have a health check at your doctor's surgery once a year.



The information explains all about the health check.

Why do you need a health check?



The health check will help you and your doctor to:

- keep you healthy
- get you the right help if there are changes in your body or the way you are feeling.



How can you get a health check?



Your doctor might phone you or send you a letter inviting you for a health check.



If you have not had a health check, phone your doctor and ask for one.

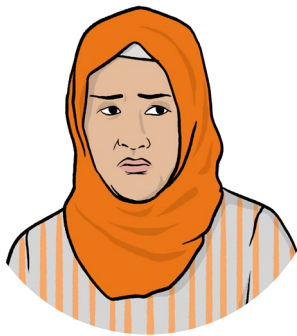


Tell your doctor that you have a learning disability so they can give you the right health check.

What do you need to do before the health check?



If you need help with the health check, ask when you phone up and book.



You should ask for help if you:

- get upset or frightened when it is noisy or busy at the doctor's



- find it hard to tell the doctor how you are feeling



- feel scared when you are at the doctor's



- are worried about anything to do with the health check.



The staff at the doctor's will try to help you and make the health check easy for you.



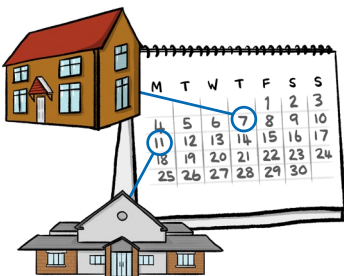
Before your health check, think about anything you would like to talk to your doctor about.

Where will your health check be?

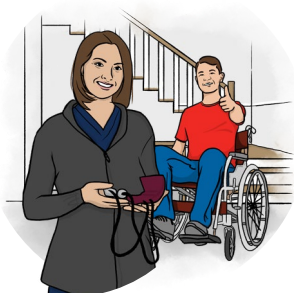


Depending on what is safest for you, your health check might be:

- at your doctor's
- at home
- over the phone or computer.



You might talk to the doctor at home first, then visit them on a different day to finish the health check.



If you can't visit the doctor, someone might be able to come and see you at home.

What happens during the health check?



The doctor, nurse or health care assistant will talk to you about your health.



This will help them find out about you and how to help you stay healthy.



They will ask you about:

- any medication you are taking
- the food you eat
- the exercise you do

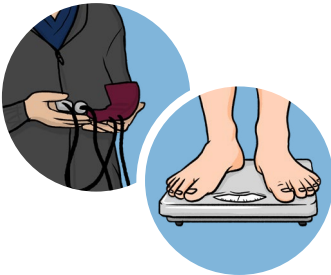




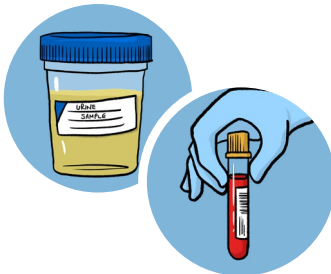
- going to the toilet



- any pain you have.



They will also take your blood pressure and weight.



They might ask for a wee or blood sample.

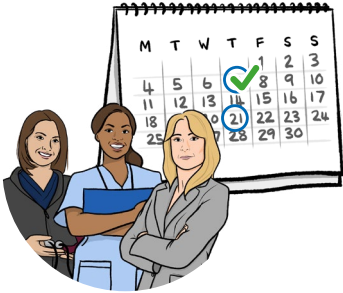


You can take someone with you to your health check.



You can ask questions if you do not understand something.

What happens after the health check?



You might need to see the doctor again, or someone else that can help with your health.



This will be explained to you at your health check.

What happens if you cannot have a health check or you are unhappy with your health check?



If your doctor cannot give you a health check, or you are unhappy with your health check, speak to the practice manager at your doctor's.

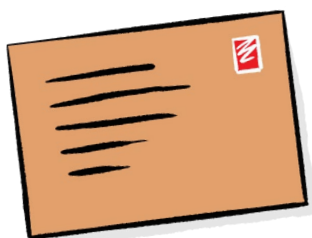


If this does not help or you have any questions about the health check, please contact Birmingham and Solihull patient experience team by:



Phone: **0121 203 3313**

Email: **bsol.patientexperience@nhs.net**



Write to: **NHS Birmingham and Solihull Clinical Commissioning Group, Patient Experience and Complaints Team, First Floor, Wesleyan, Colmore Circus, Birmingham, B4 6AR**