

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



Annual Health Checks



What is an Annual Health Check?

Annual Health Checks are for people with a learning disability to help them stay healthy.

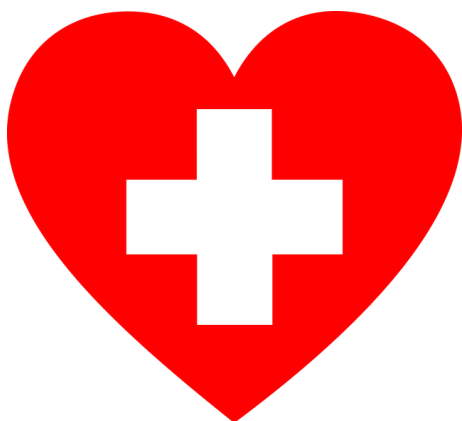
If you have a learning disability:

- You can ask to be added to the Learning Disability Register at your doctors surgery.
- You can get extra support when you visit the doctors and can have an annual health check if you are aged 14 or older.

Why is it Important to have an Annual Health Check?

- You can talk to your doctor about anything you are worried about.
- You can get to know your doctor better.
- You can get ideas about how to be more healthy.
- If there is anything wrong, the doctor can sort it out before it gets worse.





What Happens at your Annual Health Check?

A doctor or nurse at your surgery may:

- Check things about your body, like your heart and blood pressure.
- Ask about any medicines you are taking.
- Ask about the food you eat.
- Check your blood and your wee.
- Ask about how you are feeling.

Tips for your Annual Health Check

- You can bring someone with you if you want to.
- Ask the doctor or nurse to explain anything you do not understand.
- Tell the doctor or nurse how you really feel. It will help them to help you.
- Take your time.
- You can say no if there is a part of the health check you do not want to do.
- Do not worry, as the doctor or nurse is there to help you.



Health Action Plans

- Ask the doctor or nurse to give you a health action plan at your Annual Health Check.
- A health action plan is written by you and your doctor or nurse.





The health action plan tells you the things you need to do to keep healthy:

- Like getting enough sleep
- Talking to someone when you feel worried.



It also says:

- How you will get the support you need with your health.
- How the doctor or nurse can make sure your appointments are easy to understand.



How To Contact PIAS

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- Through our website via our [contact us form](#)
- Email us at: pias@plymouth.gov.uk
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