

The doctor or nurse will also give you health information, such as advice on healthy eating, exercise, how much alcohol you drink or stopping smoking. They may offer you a follow-up appointment to give you further information and support.

This can help you improve your health and wellbeing, and manage any health conditions you may have.



If you need any additional support

The NHS has to make it easy for everyone to use health services, including anyone who needs additional support. This is called making reasonable adjustments.

Tell your GP practice if you need any extra help, such as:

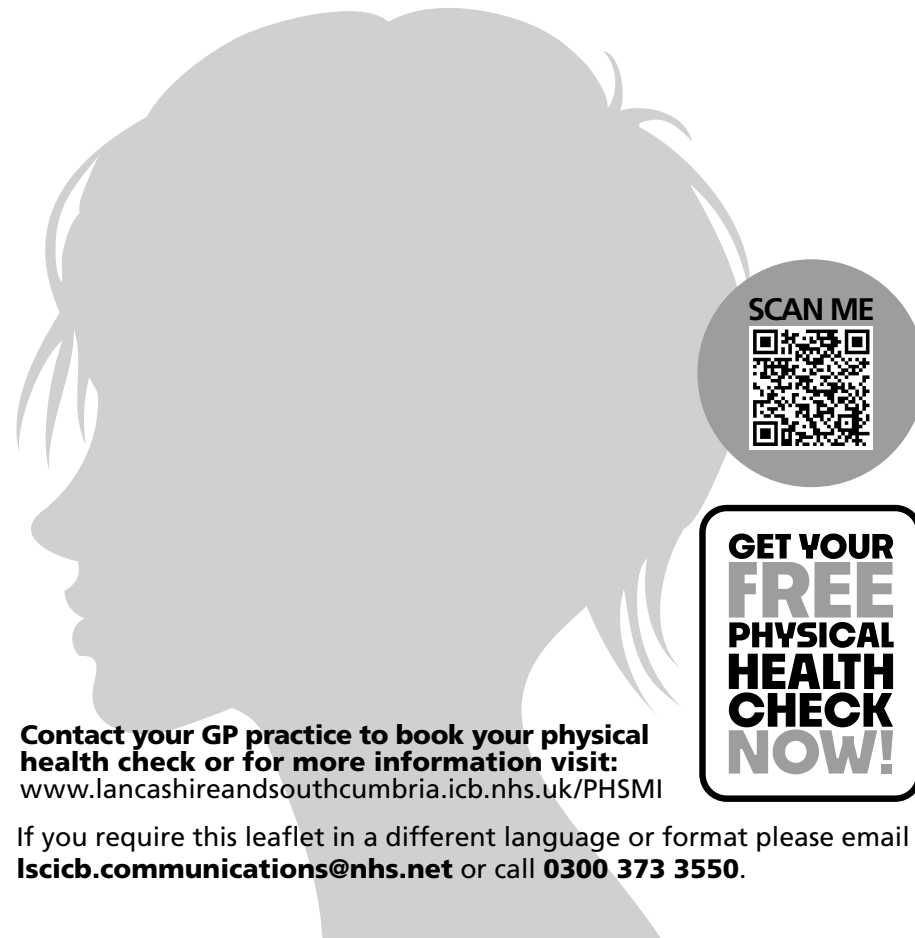
- a longer appointment or having a carer, friend or peer support worker with you.
- an appointment at the beginning or end of the day, or a quiet place to wait if you find it hard to be in a busy waiting room.
- additional reassurance or support if you are afraid of needles and are having a blood test or vaccination.
- a sign language service.
- support getting to your appointment.
- a home visit if you are unable to leave your home.

If you need additional support, this will usually be written in a health profile or health action plan that the doctor or nurse can use.

Is it the same as the NHS Health Check?

The physical health check for people with **schizophrenia**, **bipolar disorder** or **psychosis** is not the same as the NHS Health Check for all adults aged 40 to 74.

The standard NHS Health Check is done every five years and checks your risk of heart disease, stroke, kidney disease, diabetes and dementia.



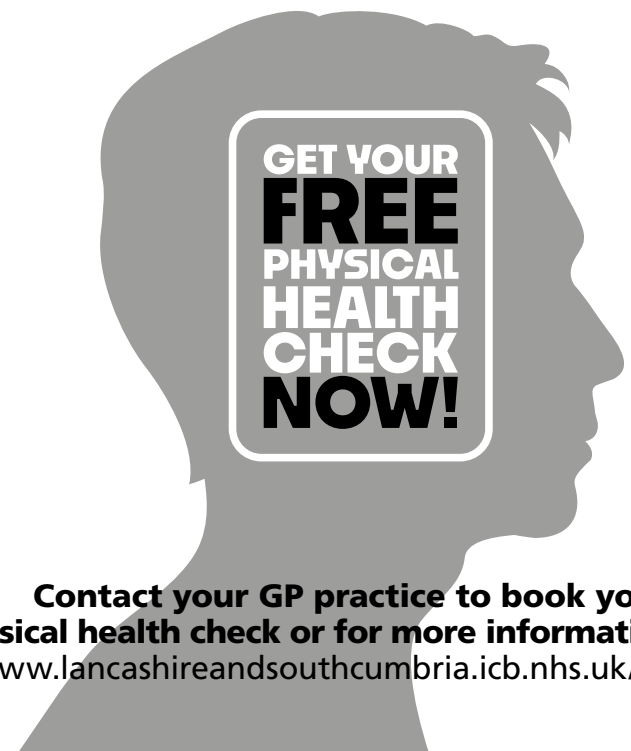
Contact your GP practice to book your physical health check or for more information visit:
www.lancashireandsouthcumbria.icb.nhs.uk/PHSMI

If you require this leaflet in a different language or format please email lscicb.communications@nhs.net or call **0300 373 3550**.

NHS

DO YOU KNOW?

If you have **schizophrenia, bipolar disorder or psychosis** you are entitled to a **FREE PHYSICAL HEALTH CHECK**, which could prevent you from developing other serious illnesses.



Contact your GP practice to book your physical health check or for more information visit:
www.lancashireandsouthcumbria.icb.nhs.uk/PHSMI

Who ?

can have a physical health check

Anyone **aged 18** or over who has **schizophrenia, bipolar disorder** or **psychosis** should have a free physical health check once a year.

How !

to get an appointment

If you are eligible, you should get a letter from your GP practice inviting you for a physical health check.

You can also contact your GP practice to ask for an appointment if you have not received a letter.

A family member or friend can contact the surgery for you if you prefer.

If you are in regular contact with your mental health team, they can do the health check for you. If you have not had your annual health check yet, contact the care co-ordinator in your mental health team and ask how to book an appointment.

Ring GP practice -
ask for an appointment.



How having a physical health check can help

It is up to you to decide if you want to have a physical health check, but these checks can make a big difference to your health and wellbeing.

Talking to a doctor or nurse and having a few simple tests helps them find any health problems early. This means they can give you the treatment or support you need to stay well.

You can ask the doctor or nurse for more information about the physical health check before you decide.



What happens in the physical health check?

During your health check the doctor or nurse will be able to look for any health problems to help you get the treatment you need to stay well. You can ask them questions about your health and tell them how you are feeling.

You may also be able to get any vaccinations which you are due, including a COVID-19 vaccine or booster, or flu vaccine. Ask about vaccinations when you make your appointment.

Your appointment will take about 45 minutes. Before you have the health check and any tests, the doctor or nurse will check you are happy to go ahead.

The doctor or nurse will usually:



Do a physical check-up, including weight, heart rate and blood pressure.



Ask you to pee in a small pot so they can check it for signs of some health problems.



Give you a blood test.



Talk to you about staying well and ask if you need any help with this.



Talk to you about your medicines and ask if you have any side effects.



Check if your vaccinations are up to date.



Check how you are coping if you have a condition such as asthma or diabetes.



Arrange a follow-up appointment to discuss your results and help create a health action plan.



You can also talk about any other treatment you may be having.