

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.

The doctor or nurse will...

- ✓ check your weight, heart rate and blood pressure
- ✓ check for any problems to help prevent illness
- ✓ give you a blood test
- ✓ talk to you about staying well

**BOOK ONE
NOW
THROUGH YOUR
GP PRACTICE
AND HELP
PREVENT
ILLNESS**

For more information visit:

www.lancashireandsouthcumbria.icb.nhs.uk/PHSMI