

An easy read guide about my Health Check.

Your very first health check is also called an initial health assessment. This will happen with a children's doctor at a clinic.

Your annual health check is also called a review health assessment and completed by a nurse. You can choose where you have your annual health check e.g where you live or at school.



Who will be there?

YOU, the person caring for you, your social worker and a friendly, helpful doctor or nurse.

Having a health check every year is important to make sure you are healthy. The doctor or nurse may listen to your heart and look at your eyes, ears and skin.



Your body changes and relationships.

The doctor or nurse may talk to you about:

Changes that will happen to your body as you grow up.

How to stay safe in your relationships.

Services that can offer you support and where to find them.



Smoking, Drugs and Alcohol

How they can damage your body and services that can help you stay safe.

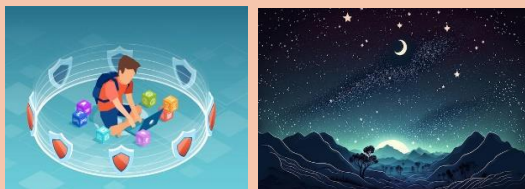


Staying safe

When using the internet.

When meeting friends away from the home environment.

On the roads, and when out in towns and cities.



Emotional Health



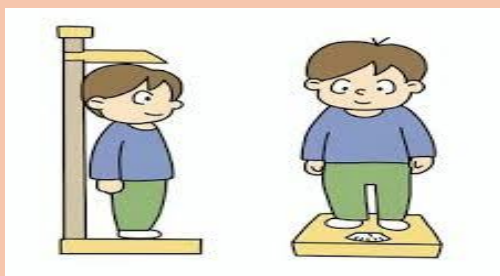
Talking about your thoughts and feelings, and how you can cope with these.

Any worries that you may want to discuss.

Services that can offer you support.

You will be asked to have your height and weight measured.

Advice will also be offered about healthy eating, diet and exercise.



What happens after my health check?

A copy of your health summary and plan will be sent to you, your carer, social worker and GP.

Will I need another health check in the future?

Yes, you will require a review health check at least once a year. For children under the age of 5 this will be twice a year.

This review is usually carried out by your health visitor, school nurse or children in care nurse.