

# Your Health Check



... it's all about YOU!

You're about to have a health check, which we sometimes call health assessments. It's all about making sure you're healthy and happy.

## Who Will Be There?

There will be a few people in the room with you, but don't worry – they're all there to help!

A friendly, helpful doctor or nurse.  
A social worker

The person caring for you, and YOU!



## Here's what to expect:



A health check is when a doctor or nurse makes sure you're feeling well and growing strong. They will ask about how you're feeling and if you need anything to help you stay healthy.

## Where will it be?



For your first check, this will happen in a doctor's clinic. It's a calm, safe place where the people are there to help. For any other health checks you can choose where this happens: it might be school or where you live.

## It's all about YOU!

You can share anything that's important to you, and if you have questions, it's a good time to ask.



You can bring your favourite toy, book, or something of your choice.

## What will happen?



They might listen to your heart, check your weight, measure your height, and look at your eyes, ears, and skin.



## What happens next?

After the check, the doctor or nurse will talk to you about how you're doing. They may give you advice about being healthy. If anything is worrying you, you can talk to them/ask questions. They will make a plan about your health and share with your carer, social worker and GP.