

My health check

This leaflet explains what will happen when you come for your health check, also known as your statutory health assessment.

What is a Health check?

The initial health check is completed by a doctor and usually completed at a clinic. The review health check-up happens once a year and are usually completed by a nurse. You will be given the choice of where you want your health check to take place e.g. school, where you live.



What happens at your health check?

The doctor or nurse will ask you questions about your health and lifestyle and may carry out some physical health checks. You can choose whether you want to be examined or not.



Are my health checks important?

YES

Your health checks are important even if you're feeling well. They are an opportunity to talk about any aspects of your health and wellbeing and make sure that you've got all the information and advice that you may need.

Advice and information may be given to you on:

- Immunisations
- Health promotion
- Emotional health
- Height and weight
- Dental health and oral hygiene
- Vision and hearing
- Child development
- Drug misuse and smoking
- Sexual health and relationships
- Sleep

Who attends the health check?

Alongside the doctor or nurse, you, your carer/parent and social worker will be invited to attend your initial health check. You can also request to be seen on your own for some of your health check if this would make you feel comfortable.

Who will get a copy of the health summary and plan?

The health summary and plan will be shared with you, your carer and social worker. Your GP will also receive a copy which will be added to your health records, so health professionals involved in your care are aware of your health plan.



If needed, at the appointment we can refer you to the other services that can help you with your health needs. This should be included in your health summary and plan.

What if I really don't want to go to my health check-up?

You can make an informed decision not to attend; we don't recommend this even if you feel healthy and happy with yourself it is still a good idea to attend even if it's just a chat with the doctor/nurse. If you don't want to attend, please inform your carer or social worker.

Do I have to wait for my health check to speak to someone if I have any worries about my health?

No, you don't have to wait, you can speak to your carer or social worker, appointed nurse or GP about any health concerns you have.