

Your NHS Health Check Results

Name:

Date:



Call 01635 503255 or visit
[www.newburyanddistrictccg.nhs.uk/
free-nhs-health-checks](http://www.newburyanddistrictccg.nhs.uk/free-nhs-health-checks)

**NHS
HEALTH
CHECK**

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

Thank you for having your NHS Health Check today. We hope you have found it beneficial.

What small things can you start to change today?

What do you want to work on over the next month or so?

What's your goal?

On a scale of 0-10 how confident do you feel that you can achieve this goal?
(1 = not confident, 10 = very confident)

What could stop you?

Who can help / support you?

How can you reward yourself when you achieve your goal?

I agree to these goals. Signed _____ Date _____

Some of your results are colour coded:

- Well done
- Be careful
- ACT NOW

Height: _____ Weight: _____

				My reading
Blood pressure	Ideally 140/90 or below		140/90 or above	
Activity	Active	Moderately inactive	Inactive	
Smoking	No	Passive	Smoker	
BMI	25 or less	25-29	30 or more	
If you are Asian	22.9 or less	23-27.4	27.5 or more	
Alcohol				
Cardiovascular Risk (%)*	10% or less	Between 10-19%	20% or above	
HbA1c				
Cholesterol: Total/Ratio				
FPG (if recommended from BMI and BP levels)				

* This means your % risk of developing cardiovascular disease.

Useful contacts

Name of person who delivered
your NHS Health Check:

Name: _____

Tel no: _____

Email: _____

Date: _____