

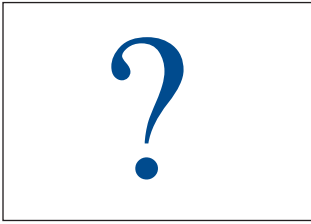
Keep well

NHS
Grampian

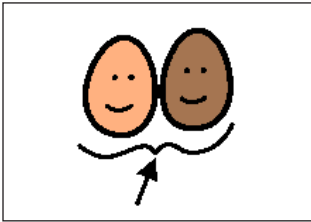


Health Check

Patient Information Leaflet



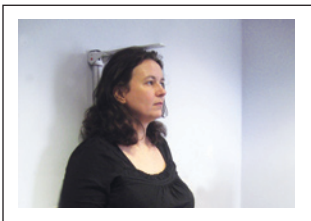
What is it?



We will check your



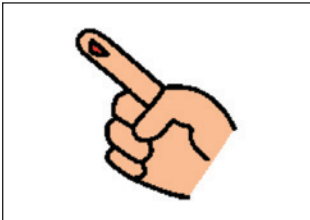
Height



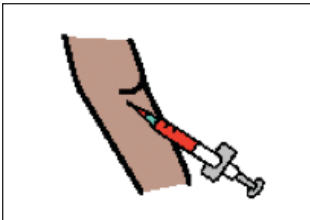
Weight



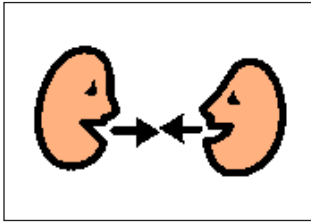
Blood pressure



Blood sugar



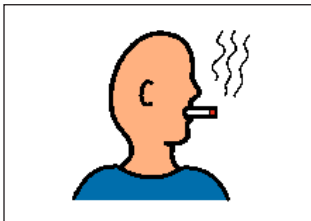
Cholesterol



We will talk to you about:



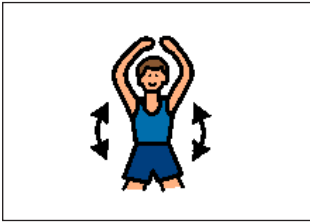
Diet



If you smoke



How much you drink



Exercise



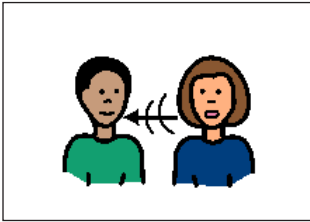
Medication



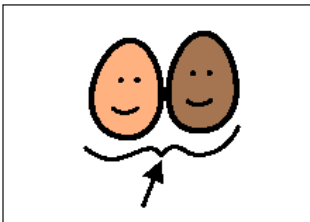
Family History



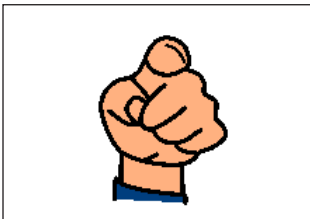
Benefits



We will tell you how healthy you are



What we can do to help you



What you can do

The Picture Communication Symbols
©1981–2010 by DynaVox Mayer-Johnson LLC.
All Rights Reserved Worldwide. Used with permission.

This publication is also available in large print and on computer disk. Other formats and languages can be supplied on request.

Please call Equality and Diversity on (01224) 551116 or 552245 or email grampian@nhs.net

Please ask for publication CGD 100215