What is an NHS Health Check?

The [NHS Health Check](https://www.nhs.uk/Conditions/nhs-health-check/Pages/What-is-an-NHS-Health-Check-new.aspx) is a health check-up for adults in England aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

How do I get an NHS Health Check?

If you're in the 40-74 age group without a pre-existing condition, you can expect to receive a letter or phone call from your GP inviting you for a free NHS Health Check every five years. Also, in Cambridgeshire, if you're unable to get to your surgery contact Everyone Health’s ‘Changepoint’ service for NHS health checks offered within community and workplace settings on their dedicated text number: text ‘healthx’ to 66777, call 0333 005 0093 or email [email protected].

In the meantime, there are other ways of getting your health checked, and you may want to try this online [Heart Age test](https://www.nhs.uk/Conditions/nhs-health-check/Pages/check-your-heart-age-tool.aspx), and you may want to try this online.

How can I improve my test results?

Once you've had your NHS Health Check, your healthcare professional will discuss your results with you. You'll be given advice to help you lower your risk of a stroke, kidney disease, heart disease, diabetes or dementia, and
maintain or improve your health. But you don't have to wait until then to make healthy changes. Take the [How Are You quiz](https://www.nhs.uk/oneyou/hay#BIGk1b0Gro2ytmkH.97) and start now with these [health apps and trackers](https://www.nhs.uk/Conditions/nhs-health-check/Pages/tools-and-technology-that-can-help.aspx).

“I feel healthier and lighter” – Wayne, 41 from Wisbech, after following advice from our health trainer during his NHS Health Check.

Have you had your NHS Health Check?

If so, please tell us about your experience by completing this [short and anonymous survey](https://www.smartsurvey.co.uk/s/WMU3V/) to help us improve this service.