



Stroke

Look out for
our mobile unit

Heart disease

Diabetes

Kidney disease

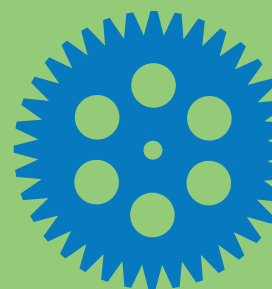
Free NHS Health Check –

Helping you prevent heart disease, stroke,
diabetes and kidney disease.

Health Development Service 0800 917 8896

Working together to improve your health

Everyone is at risk of developing heart disease, stroke, diabetes or kidney disease. The good news is that these conditions can often be prevented – even if you have a history of them in your family. Have your free NHS Health Check and you will be better prepared for the future and be able to take steps to maintain or improve your health.



Why do I need an NHS Health Check?

We know that your risk of developing heart disease, stroke, type 2 diabetes and kidney disease increases with age. There are also certain things that will put you at even greater risk. These are:

- being overweight;
- lack of exercise;
- smoking;
- high blood pressure;
- high cholesterol.

What happens at the Check?

This check is to assess your risk of developing heart disease, type 2 diabetes, kidney disease and stroke.

- The check will take about 20-30 minutes.
- You'll be asked some simple questions. For example, about your family history and any medication you are currently taking.
- We'll record your height, weight, age, sex and ethnicity.
- We'll take your blood pressure.
- We'll do a simple blood test to check your cholesterol level.

Visit our mobile unit at:

Date	Location	Time
Wed 23 June Thur 24 June	Lidl supermarket, Ninfield road, Bexhill on Sea.	9.00am-6.00pm
Fri 25 June Sat 26 June	Ravenside Retail & Leisure Park, Bexhill on Sea.	25 June: 8.00am-6.30pm 26 June: 9.00am-6.30pm
Tue 29 June	Debenham's, Robertson Street, Hastings.	9.30am-4.30pm
Wed 30 June	Sainsbury's, John Macadam Way, St Leonard's.	8.00am-7.00pm
Fri 2 July Sat 3 July	Sainsbury's, John Macadam Way, St Leonard's.	Fri 2: 8.00am-6.30pm Sat 3: 9.00am-6.30pm
Thur 8 July	Rye Market, Station Road, Rye.	8.00am-4.00pm
Fri 9 July	Jempsons Superstore, Main Street, Peasmarsh.	8.00am-6.00pm
Sat 10 July Mon 12 July	Lidl Supermarket, Bohiemia Road, Hastings.	8.30am-6.00pm
Tue 13 July Wed 14 July	Morrisons, Queens Road, Hastings.	Tue 13: 8.00am-7.00pm Wed 14: 9.00am-6.30pm
Fri 16 July	Debenhams, Robertson Street, Hastings.	10.00am-5.00pm
Sat 17 July	St Leonards Festival, Warrior Square.	10.30am-6.00pm



This initiative has been supported by Pfizer Limited.