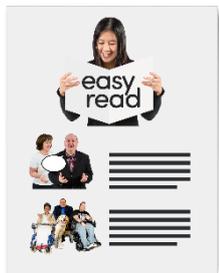




## Leaflet 3: Annual health checks



We have made 4 easy read leaflets about why it is important for people with a learning disability to know how to get extra help and support from their GP surgery.



# 3

This is leaflet 3. You can see the other leaflets on our website.

[mencap.org.uk/GPsurgery](https://www.mencap.org.uk/GPsurgery)



This leaflet tells you about **annual health checks**.

Thank you to Photosymbols for helping to make this easy read. 16.02.22

See our other leaflets about getting help from your GP surgery by visiting [mencap.org.uk/GPsurgery](https://www.mencap.org.uk/GPsurgery)



Annual health checks support people with a learning disability to look after their health.



**Annual** means once a year.



Anyone aged 14 and over with a learning disability can have an annual health check.



Annual health checks should be with your GP, but you may also see a nurse.



Annual health checks normally last for about an hour.



You can bring someone with you to the appointment.



**What happens at an annual health check?**



During the check, the GP or nurse may:



- Talk about your health and how you are feeling.



For example, they might ask about what food you eat, or how you are in general.



- Check your body, for example weight, heart and blood pressure.



- Talk about any medicines you take.



- They may ask you to have a blood test or give a wee sample.



At the end of the health check, you should be given a health action plan.



This is a plan for how you will keep healthy over the coming year.



Your health action plan should be easy to understand.



You can plan how to manage any health conditions you may have.



You could also use the health action plan to make sure the GP surgery knows how to give you the right support.



You and your GP can look at the health action plan all through the year and check how you are doing.



## Good reasons to get an annual health check



People with a learning disability are more likely to have long-term health conditions they may need support with.



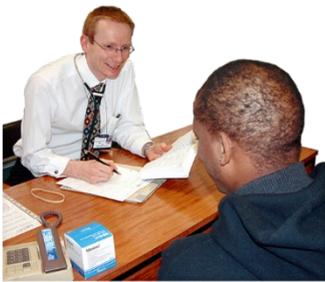
People with a learning disability are more likely to need support to use health services like the GP surgery.



Your annual health check can help you and your GP find out if you are unwell or need any treatment.



You can think about any treatments and medications you already have, and how to make them work better for you.



An annual health check is a good way to get to know your GP better, and for them to find out more about you.



You can talk to your GP about anything that is worrying you.



You can think together about anything you can do to be more healthy, like exercise or changes to what you eat.



### Youssef's story:

“My GP phones me to remind me about my health check, because sometimes I forget.



I didn't realise I was low on vitamin B12 until I had my annual health check.



Now I take vitamins to correct that.



If I didn't have the check I may have been ill and not realised it.”



## Top tips for your annual health check



- Think about what you want to ask the GP at your annual health check.



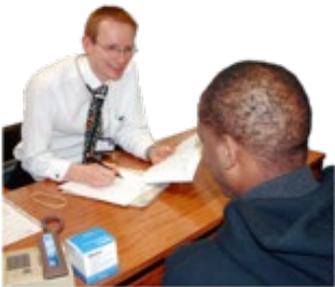
You may want to talk to a family member or support worker about this.



- Write down anything you want to talk to the GP about and take it with you.



- Be honest when you answer the GP's questions.



It helps the GP to give you the best support they can.



- Ask the GP to explain anything you do not understand.



- Let your GP surgery know if there is anything they can do to support you better.



You might need the GP surgery to make **reasonable adjustments** for you like extra time in an appointment or information in easy read.



**Reasonable adjustments** are helpful changes to the way the GP surgery works for people with a learning disability.



Leaflet 4 is about **reasonable adjustments** and how to ask for them.



**Ask your GP surgery about having an annual health check**



Most GP surgeries choose to offer annual health checks to their patients with a learning disability.



The GP surgery will only know that you have a learning disability if you are on the **GP learning disability register**.



The **GP learning disability register** is a list of all the people with a learning disability that the GP surgery looks after.



If you do not normally get invited for an annual health check, speak to your GP surgery.



Ask the GP surgery if you are on the GP learning disability register.



For more information about the GP learning disability register and how to get your name on it see leaflet 2.



You may want to move to a different GP surgery if your GP surgery does not do annual health checks.



## For more information or help:



- Speak to your local learning disability team or learning disability nurse if you have one.



- Speak to an organisation in your community that you trust.



- Call the Learning Disability Helpline on 0808 808 1111.



- Or [click here](#) to send us an email.