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NHS Health checks

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The NHS Health Check is a **free** health MOT aimed at adults aged 40 to 74 without a pre-existing condition. The check will assess your risk of some serious health conditions, including:

- Heart disease
- Stroke
- Kidney disease
- Diabetes

You'll also receive support and advice to help you reduce or manage your risk.

Getting a health check

If you're eligible, you will receive an invitation from you GP every five years for a health check.

Reasons for getting a check

As we get older, we have a higher risk of developing serious health conditions such as high blood pressure.

Your NHS Health Check can detect early signs and help prevent these conditions from developing, so you can enjoy a healthier life for longer.

The check

The check will take 20 to 30 minutes, and you'll be asked some simple questions about your family history and lifestyle choices. Your height, weight, age, sex and ethnicity will be recorded, and your blood pressure and cholesterol checked.

After the check

You'll be taken through your results and what they mean, and then given personalised advice on how to lower your risk and maintain a healthy lifestyle. If necessary, treatment or medication may be prescribed.

Read more about NHS Health Checks.

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