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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 – 74 without a pre-existing condition. The check will assess your risk of heart disease, stroke, kidney disease and diabetes and you will be given support and advice to help reduce or manage that risk.

## Getting a health check

If you're eligible, you will receive a letter every 5 years from your GP inviting you to attend a health check.

## Reasons for getting a check

As we get older, we have a higher risk of developing something dangerous like high blood pressure. Your NHS Health Check can spot early signs and help prevent these happening to you, which means you'll be more likely to enjoy life for longer.

## The check

The check will take 20-30 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](#) on the NHS website.

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