

Stroke

Your Health  
Check Results

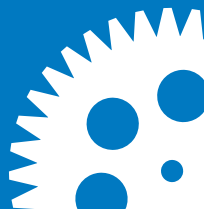
Heart disease

Diabetes

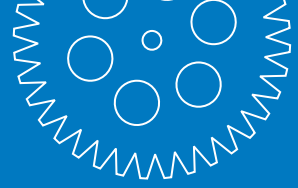
Kidney disease




# Free NHS Health Check

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



## Some of your results are colour coded:



-  **Green** = **Well done** Keep up the good work
-  **Orange** = **Be careful** Let's look at how you can help yourself
-  **Red** = **ACT NOW** Let's look at how you can make some changes

				My reading
Cholesterol				
Blood Pressure				
Activity (30 mins/day)	More than 5 times a week	1-4 days a week	Seldom or never	
Fruit and Veg	5 a day	1-4 a day	Seldom or never	
Smoking	No	Passive	Smoker	
BMI	25 or less	25-29	30 or more	
Alcohol Male Female	Below 3-4 units daily 2-3 units daily	Over 3-4 units daily 2-3 units daily	Above 8 units daily 6 units daily	
Cardiovascular Risk (%)*	10% or less	Between 10-19%	20% or above	

\* this means your % risk of developing CVD eg heart disease, stroke, diabetes or kidney problems over the next 10 years.

**Thank you for having your health check today.  
I hope you have found it beneficial.**

**What small things can I start to change today?**

**What do I want to work on over the next month or so?**

**What's my goal?**

**On a scale of 0-10 how confident do you feel  
that you can achieve this goal?**

**1 = not confident, 10 = very confident**

**What could stop me?**

**Who can help / support me?**

**How can I reward myself when I achieve my goal?**

# Useful contacts

Do you want to improve your health?

Lose weight and maintain a healthy diet?

Reduce your alcohol intake?

Stop smoking?

Get more physically active?

Contact Phil for support and advice on local services on **01209 215666**, text on **07800 006472** or email [phil@cornwall.nhs.uk](mailto:phil@cornwall.nhs.uk)



**British Heart Foundation**

[www.bhf.org.uk](http://www.bhf.org.uk)

For more information visit [www.nhs.uk/nhshealthcheck](http://www.nhs.uk/nhshealthcheck) or call the NHS Health Check helpline on **0845 850 9850**

Calls cost a maximum of 5p per minute from a BT landline. Mobiles and other networks may vary. You may be charged a minimum cost per call.

**drinkaware.co.uk**  
for the facts

Website with tips and tools to help you understand the risk of alcohol.



  
**CornwallWorks**  
Work and Skills for Cornwall

All of Cornwall's back to work support in one place.  
Please call **01872 355015**



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