

Practice LOGO

(Your name)
(Your address)

NHS No: (Your NHS number)
Date

Dear (Name),

**We would like to invite you to your free annual physical health check on:
(Date and time) at (location).**

If this is not convenient or suitable, we would be happy to rearrange – please contact us on:
(telephone number)

You may want to take someone with you to your annual physical health check. This could be a friend, family member or a support worker.

If you have a nominated supporter in your records, we will send them a copy of this letter.

Yours sincerely,

Dr (Name of your GP)

Your health and personal wellbeing are important.
An annual physical health check helps you stay well by talking about your health and finding any problems early, so you get the right care.

The enclosed information gives further details about the health check.



Please record the date and time of your appointment and keep this to remind you

Name: (Your name)

Location: (given location)

My annual physical health check is on ___/___/___ at ___ am/pm

**Annual Physical
Health Check**





NHS

Annual Physical Health Check



Why have I been invited to this annual physical health check?

You are invited to have annual physical health checks because you are registered with your GP as having a diagnosis of a severe mental illness (SMI). This could be schizophrenia, bipolar disorder or a history of psychosis.

Why is it important to attend?

We know that prevention and early identification can significantly reduce the likelihood, seriousness and impact of health conditions.

We also know that people living with SMI are:

- At greater risk of physical ill health
- More likely to develop preventable conditions like diabetes, heart disease, breathing conditions and some cancers

What will the health check involve?

This appointment is an opportunity to raise any health concerns you may have. It will include:

- ✓ Measurements and screening of things like your weight, risk of diabetes and your heart health, and the impact of these on your life
- ✓ Discussions around your lifestyle, such as your activity levels, the foods you usually eat, if you smoke, and your alcohol intake
- ✓ Checking you have access to routine screening programmes, which monitor your health and find problems earlier
- ✓ Discussing how you might improve your health, including supporting you to access services which could help you identify and meet your health goals
- ✓ Asking how you are doing and what else you might need

All elements of the health check are optional and you can ask questions on the day.

If you want to, please feel free to bring someone with you to the appointment.