# Annual Physical Health Check Red heart with a white medical cross in the centre. NHS , the National Health Service logo

# 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:

ü Measurements and screening of things like your weight, risk of diabetes and your heart health, and the impact of these on your life

ü Discussions around your lifestyle, such as your activity levels, the foods you usually eat, if you smoke, and your alcohol intake

ü Checking you have access to routine screening programmes, which monitor your health and find problems earlier

ü Discussing how you might improve your health, including supporting you to access services which could help you identify and meet your health goals

ü 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.