

Working in partnership with

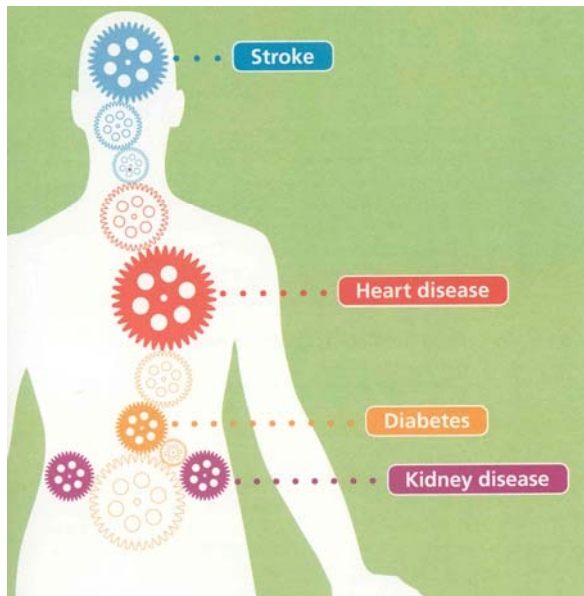


## Free NHS Health Check

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

### Working together to improve your health

Everyone is at risk of developing heart disease, stroke, diabetes or kidney disease. The good news is that these conditions can be prevented, even if you have a history of them in your family.



You are entitled to a **FREE** NHS health check once every five years if you answer **YES** to the following questions:

- ✓ Are you aged between 40 and 74?
- ✓ You have not been diagnosed with heart disease, stroke, diabetes or kidney disease?
- ✓ Registered with one of Kingston's GP **OR** living with in Kingston area

**Health checks are available at:**  
**King Charles Centre**  
**King Charles Road, Surbiton, Surrey KT5 9AL**  
**on**  
**Wednesday 20<sup>th</sup> March, 11:00am – 7:00pm**

For more information about NHS Health Checks and where they are available in Kingston, please call Enhanced Healthcare Services -our partner organisation on **0800 234 6511** or email: [enhanced.healthcare@nhs.net](mailto:enhanced.healthcare@nhs.net)

If you are outside this age range and concerned about your health, please contact your GP.

**TO BOOK YOUR FREE NHS HEALTHCHECK,**

**CALL 0800 234 6511 NOW**