

Thank you for having your NHS Health Check today. We hope you have found it beneficial.

Some of your results are colour coded:

- Well done
- Be careful
- ACT NOW

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ My reading

Your CVD Risk score	Below 10%	10 - 19%	20% or above	
---------------------	-----------	----------	--------------	--

This is your risk of having a heart attack or stroke over the next 10 years.

Your Heart Age

This tells you your heart age compared to your real age and provides advice on how to reduce your heart age.

You can monitor your heart age in between your 5 year NHS Health Checks by visiting the Heart Age tool on the NHS website:

[www.nhs.uk/health-assessment-tools/calculate-your-heart-age](http://www.nhs.uk/health-assessment-tools/calculate-your-heart-age)

Your next NHS Health Check is due in 5 years.

				My reading
BMI	18.5 - 24.9	25 - 29.9 <b>Or</b> < 18.5	30+	
Black or Asian	18.5 - 22.9	23 - 27.4 <b>Or</b> < 18.5	27.5+	
Waist (cms)	<b>M</b> < 94 <b>F</b> < 80	<b>M</b> 94 - 102 <b>F</b> 80 - 88	<b>M</b> 102+ <b>F</b> 88+	
Diet	Healthy	Could be improved		
Activity	Active	Moderate	Inactive	
Alcohol*	< 8	8 - 15	16+	
Blood pressure	140/90 or below	140/90 or above		

\*Audit C

				My reading
Smoking	Non Smoker	Ex-Smoker	Smoker	
Cholesterol Total/Ratio	HDL (good)			
Pulse	Regular		Irregular / weak	
Diabetes Risk Assessed	Y/N	HbA1c	FPG	

**Notes**

---



---

**NHS Health Check Feedback**

Please tell us about your experience by completing an online survey of your NHS Health Check experience at: [www.norfolk.gov.uk/healthchecks](http://www.norfolk.gov.uk/healthchecks)

## Your goals

Set yourself some goals to work towards. Start off with one or two changes that you could make to improve your health. Use our online Ready to Change tool to help set your goals.

**What change(s) can you make to improve / maintain your health?**

---



---

**What will help you do this?**

---



---

**What might get in the way?**

---



---

**How will you reward yourself when you've done it?**

---



---

## Useful Sources of Support

### Ready to Change

For help and support with

- Weight management
- Moving more
- Drinking less alcohol
- Quitting smoking and support services

[www.readytochange.co.uk](http://www.readytochange.co.uk)



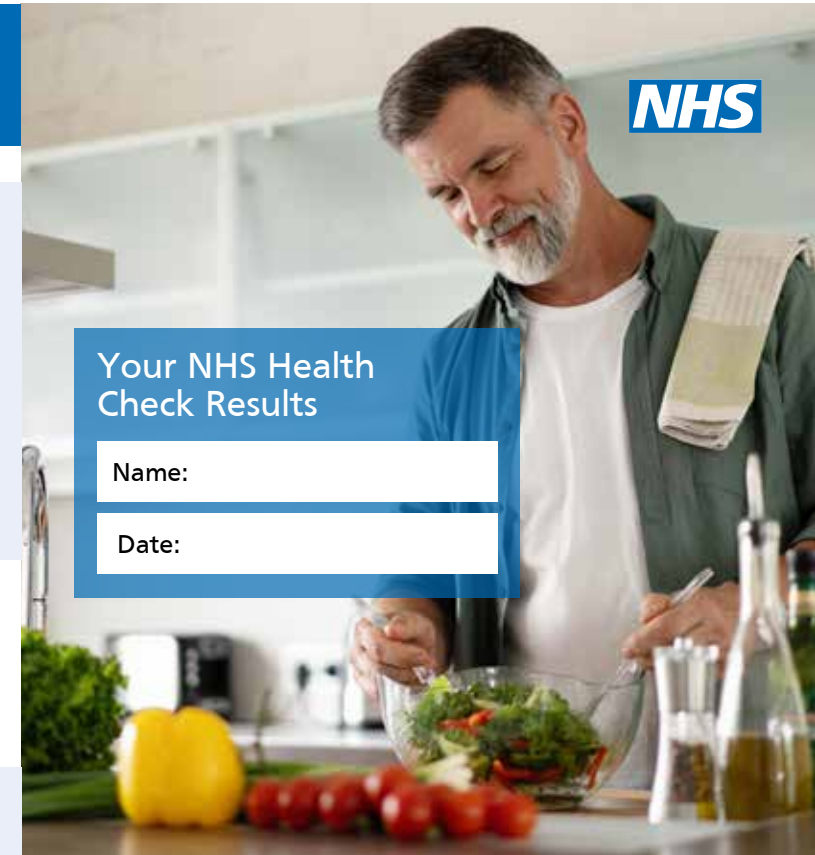
### Wellbeing

Helping your mental health  
**0300 1231503**  
[www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)



### Diabetes Prevention

Helping you to prevent  
 Type 2 Diabetes  
**0333 577 3010**  
[www.preventing-diabetes.co.uk](http://www.preventing-diabetes.co.uk)



**NHS  
HEALTH  
CHECK**

Helping you prevent  
 diabetes  
 heart disease  
 kidney disease  
 stroke & dementia

 Norfolk County Council  
Public Health

**ready to  
change**