

# Get a **FREE local** NHS Health Check



**Appointments  
available in  
Stafford from  
1<sup>st</sup> February 2022**

**Book now to receive  
your Health Check**

If you're aged 40-74, even though you might be feeling great, you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A FREE NHS Healthcheck can help you reduce these risks and make sure you stay healthy.

**Strictly by appointment only.**



To book your **FREE**  
NHS Healthcheck appointment  
Call: **0333 005 0095**, or  
Text: **HEART** to **60777**

National exclusion criteria will apply.

**NHS  
HEALTH  
CHECK**

Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia



In partnership  
with

