

45 - 49 year old Health Check



ARE YOU BETWEEN 45 AND 49 YEARS OF AGE?

Your GP can do a health check to find out if you are at risk of developing a disease or chronic condition. Your GP will review your health status in the following way:

Lifestyle

Diet, smoking, alcohol intake, physical activity and weigh management

Medical History

Current medical status, medications and immunisation status

Physical examination

Height, weight, Body Mass Index, Blood Pressure, vision test and possibly blood test

Family history

Chronic medical conditions, cultural background

After the health check, your GP may recommend further investigations or refer you for other health services. Your GP will support you with advice and information about any medical conditions and help you to make changes to any lifestyle.

- Lifestyle
- Medical History
- Physical Examination
- Family History



“Your GP will support you with advice and information about any medical conditions and help you to make changes to any lifestyle.”



For more information about the health check, please speak with your GP or Practice Nurse.