

## What happens following the health checks?

Following your health checks you will receive free, confidential and tailored health advice and information about steps you can take to improve your health and wellbeing.

You will receive a copy of your results and with your consent we will send a copy to your GP.

If we have advised you to see your GP, the nurse coordinator will contact you by telephone within four weeks of the health checks to discuss your results and offer further support if required.

We will not send any of your information to any third parties without your prior consent.

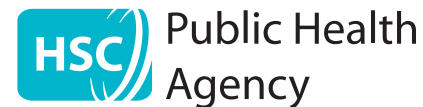


## For further information

If you have any questions about the Farm Families Health Checks Programme, please contact:

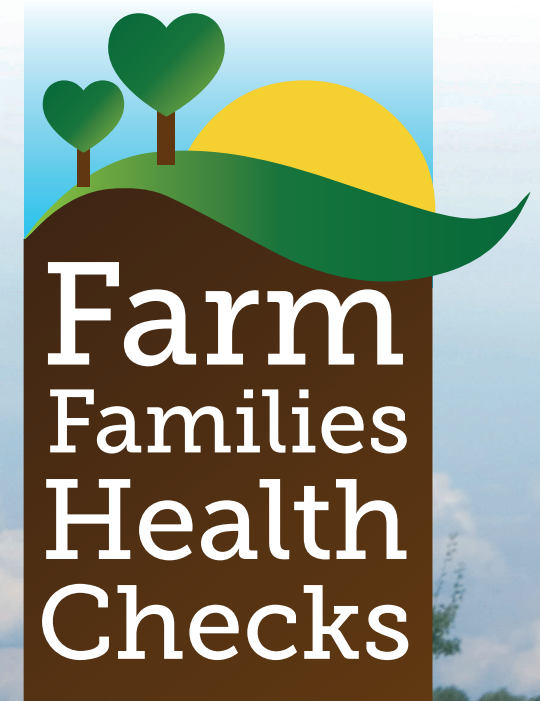
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**Free health  
assessments  
and advice,  
tailored for you**



06/12



The Farm Families Health Checks Programme is a one-stop mobile facility offering free health assessments and advice tailored specifically for you.

The health checks can be completed quickly and will offer a good indicator of your health, including risk of heart disease, early detection of diabetes and emotional health and wellbeing.

You will also find out about the support services that are locally available to you.

There are two parts to the health checks, a [medical assessment](#) and a [lifestyle assessment](#). To gain the full benefit of the service, it is recommended that you take part in both assessments.



### What will the medical assessment involve? (10–15 minutes)

If you decide you would like a medical assessment, you will be invited to meet with one of our qualified nurses who will provide more details of the programme.

Following your written consent, the nurse will complete a short medical assessment and then offer the following tests:

- blood pressure;
- weight and body mass index (BMI);
- cholesterol;
- diabetic risk score;
- mental wellbeing.



### What does the lifestyle assessment involve? (5–10 minutes)

The second part of the health checks is the lifestyle assessment.

During the lifestyle assessment, you will have the opportunity to discuss health issues with the nurse. Depending on your lifestyle, you will receive advice tailored for you on smoking, healthy eating, physical activity and alcohol consumption.

The nurse can also signpost you to a service that can ensure you are getting the grants and benefits you are entitled to.

