



# Going to My Annual Health Check at the GP Surgery



The GP surgery will ask you if you would like your annual health check at the surgery or as a video call.



They will discuss with you a date and time for your appointment.



They will ask what support you may need with you at your appointment and any reasonable adjustments that need to be put in place.

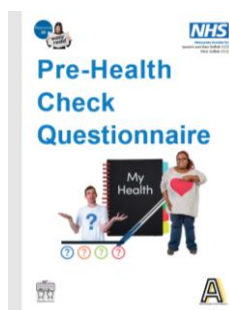


They will ask you if you would like the invitation sent to you by post, email or text message.

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**The invitation will have the date and time and any special instructions.**



**They will ask you to complete a pre-health check questionnaire and return it prior to the appointment or bring it with you.**



**They will send a reminder to you before your appointment either as a letter, text message or email.**



**You can have someone to support you in your appointment.**



**Bring a urine sample with you to the surgery.**

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**Turn up on time for appointments, if early wait outside.**



**Wear a mask unless you are exempt.**



**Use the hand sanitiser.**



**Expect the nurse to be wearing full PPE**



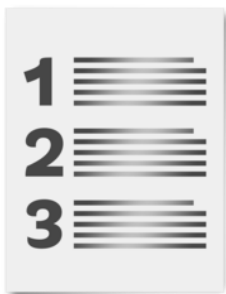
**The waiting room will look different. There may be less furniture and no leaflets to take etc.**



**There will be less people around and it may be very quiet**



**Nurses/GP may wash their hands more in front of your or use gloves to examine you.**



**Once the annual health check is complete make sure you get a copy of your health action plan.**



**Dispose of your mask safely and wash hands after your appointment.**