

# free health check for over 14's



## get checked out

- do you have a learning disability?
- are you over the age of 14?



ask for a **free** learning disability health check at your local GP practice



eat well



be active



stay well



check ups



## what can you do?



visit your GP for a free health check for people with a learning disability



when you visit your GP take this leaflet to help you to ask about a health check