

Annual health check for people with severe mental health conditions



Easy Read



If you have schizophrenia, bipolar disorder or psychosis and you are 18 and over, your GP surgery should invite you for an annual health check.



It is to make sure you are healthy and well.

It is also to look for any health problems so you can get the treatment you need.



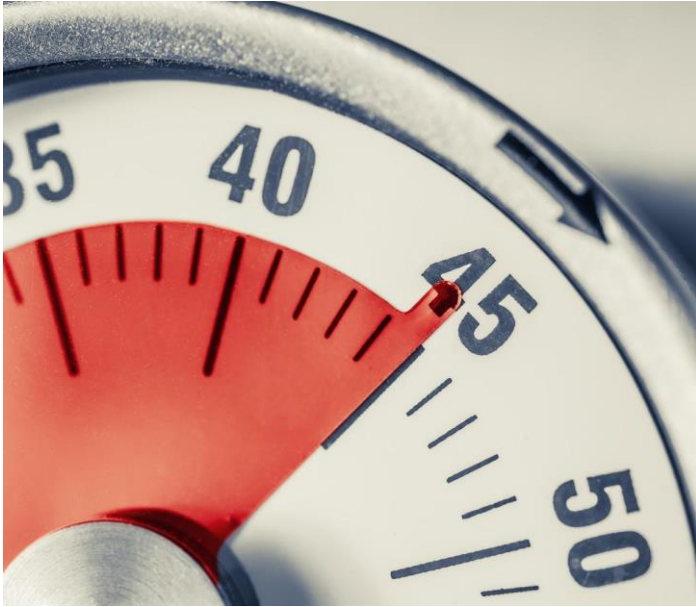
At the health check you can ask questions about your health and tell them how you are feeling.



You can talk about any treatments you are having or medicines you take.

You may also be able to get a COVID-19 vaccine or booster and a flu jab. Ask about these when you make your appointment.

What happens during the annual health check?



Your appointment should last about 45 minutes.

The doctor or nurse will usually:



- Check your weight, heart rate and blood pressure



- Take a urine (wee) sample and ask you to have a blood test. This is to check for signs of some health problems



- Talk to you about your medication and ask if you are having any side effects
- Check if your vaccinations are up to date



- Check how you are coping if you have a health condition like asthma or diabetes
- Give you any advice you might need to stay healthy and well.



The doctor or nurse will also ask if you are ok for them to share your health information with other health services, such as your mental health team.

This is called giving consent.



This is to make sure you get the right support if you need any more care.

They may give you a follow-up appointment to give you more information or support.

If you need any further support



The NHS has to make it easy for everyone to use health services, including anyone who may need extra support because of a disability.

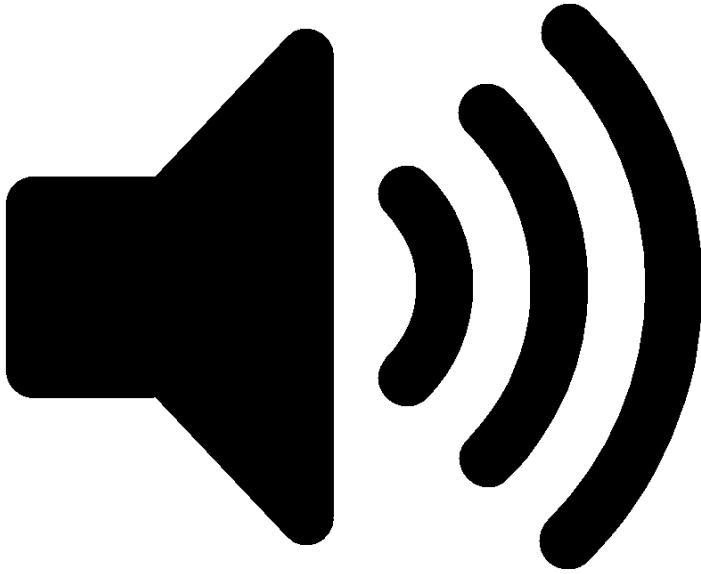
This is called making reasonable adjustments.



Tell your GP surgery if you need any extra help. This could be things like:

- A longer appointment or having a family member, friend or support worker with you
- An appointment at the beginning or end of the day, or a quiet place to wait if you find it hard to be in a busy waiting room





- Information in a way you can understand it, such as easy read or audio
- A British Sign Language interpreter



- Extra support if you are nervous about having a blood test or vaccine
- A home visit if you can't leave your home.