GRCC | Community Action in Gloucestershire

NHS

Free Annual Physical Health Checks

For those with a Serious Mental Illness

GRCC is working alongside GP Practices to support you to access your free Annual Physical Health Check.

This includes:

- ✓ Height and Weight (BMI)
- ✓ Blood Pressure and Heart Rate
- ✓ Blood Glucose Checks
- ✓ Health and Lifestyle Advice
- ✓ Cholesterol Levels
- ✓ Smoking and Vaping

www.grcc.org.uk/annual-physical-health-checks

Frequently Asked Questions

How do I know if I am on the Serious Mental Illness (SMI) Register?
If you are diagnosed with a Serious Mental Illness, you will be on the SMI Register. However, if you are unsure, you can ask your GP.

Do I automatically get an Annual Physical Health Check?
If you are on the SMI Register, you will be invited to a free Annual Physical Health Check by your surgery.

What does an Annual Physical Health Check involve?
Your appointment usually takes about 45 minutes. Your GP, Nurse or Health Care Assistant (HCA) will check your height and weight, blood pressure and heart rate, and take a blood sample to check glucose and cholesterol levels. You will also have a chat about your general wellbeing.

What are the benefits of having an Annual Physical Health Check?
Talking to a GP, nurse or HCA and having some tests can help identify any health problems early. This means you can get treatment or the support you need to stay well.

How can GRCC help with an Annual Physical Health Check?
The Annual Physical Health Check Co-Ordinator (APHCC) at GRCC works alongside your GP to support you from booking the appointment and providing information about your Health Check, supporting you with accessing your appointment, getting feedback from you after your appointment and then re-booking your Annual Physical Health Check.

What is next?
We will send you a letter with a questionnaire to ask if you would like to have your Annual Physical Health Check, if you would like us to book this for you, and if you need support to attend your appointment.

We will contact you by phone, text, e-mail or letter.

Scan the QR code to find out more

For more information, call us on 01452 317460