FREE Health Checks



Designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. An NHS Health Check helps find ways to lower this risk





FREE to everyone in Cambridgeshire and Peterborough aged between 40 and 74 and takes just 20 to 30 minutes



To book your **FREE**NHS Health check appointment text: **HEALTHYU to 60777** or call: 0333 005 0093, or visit www.healthyyou.org.uk



Helping you prevent diabetes heart disease kidney disease stroke & dementia







