



WELL PERSON HEALTH CHECKS

A well person health check at Silverstream Health Centre is for adults between the ages of 40 and 74. It will give you a clearer picture of your health, and help you take action to reduce your risk of heart disease, stroke, type 2 diabetes and kidney disease.

The health check involves a few straightforward health tests and some simple questions about your medical history. This will take around 20-30 minutes and will be divided into two parts.

First part includes questions and health tests that will give a picture of your health. This also includes personalised advice and lifestyle support. If necessary, treatment to help you maintain or improve your health and lower your risk of these four diseases.

The second part of the health check is a discussion of your results with your GP. This may happen at the same appointment as your tests, or you may be asked to return at a later date. During this discussion, you'll learn more about what your results mean. You'll talk about how your results are related to your risk of developing the four diseases.

You'll be given personalised advice and lifestyle support to help you lower your risk and maintain or improve your vascular health. The best action for you will depend on your results. You may receive advice on how to get more physical activity into your daily routine, or how to eat a healthier diet.