



ARE YOU CARING FOR SOMEONE ELSE?

Get a free Carers Health Check. Designed to help you take care of your own health & wellbeing.

**ONE YOU
SURREY**

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WHY DO I NEED A CARERS HEALTH CHECK?

As a carer for someone else you may not always prioritise your own health care needs. We're here to help make it easier for you to understand and manage your own health by giving you access to the local services you need to be happy and healthy and continue caring for others.

WHAT HAPPENS AT THE CHECK?

The health check will be a holistic assessment of your health and wellbeing.

- The check will take place via telephone and will last 30 minutes.
- We'll record your height, weight, age, sex and ethnicity.
- You'll be asked some simple questions. For example, about your diet, physical activity levels, alcohol consumption, smoking status and your mental wellbeing.
- We'll discuss any financial concerns.

WHAT HAPPENS AFTER THE CHECK?

Your health practitioner will take you through your results and you'll be told what they mean.

- We'll discuss how you can stay healthy through simple lifestyle changes including making changes to your diet and physical activity.
- If eligible, we'll refer you into one of our free healthy lifestyle services, designed to help you lose weight and become smokefree.
- You'll be given access to local health and wellbeing services who can support you to lead a happier and healthier life.
- If you're aged between 40-74, we may refer you to our NHS Health Check team. This is to assess your risk of developing heart disease, type 2 diabetes, kidney disease and stroke.