

# Supporting Information

## What is an NHS Health Check?

The NHS Health Check is a free check up of your cardiovascular health. It takes about 20 minutes and involves answering some general questions about your health, as well as a few simple health tests.

## Who's eligible?

You are eligible for a free NHS Health Check every 5 years if you are aged between 40-74 and live or work in the Lancashire County Council area. Certain exclusion criteria apply see here for details: [www.nhs.uk/conditions/nhs-health-check](http://www.nhs.uk/conditions/nhs-health-check)

## What happens afterwards?

Results are shared with your GP practice. During and following the appointment our experienced team will offer advice regarding any relevant lifestyle factors, including signposting and referral to any appropriate local services. GP practice. During and following the appointment our experienced team will offer advice regarding any relevant lifestyle factors, including signposting and referral to any appropriate local services.

## Who is FCMS?

FCMS is a social enterprise community healthcare provider delivering services ranging from urgent care, primary care, diagnostics, dental, call handling and more.

Have a look at our website to find out more about FCMS:

[www.fcms-nw.co.uk](http://www.fcms-nw.co.uk)



# NHS HEALTH CHECK

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

Delivered by FCMS (NW) Ltd  
on behalf of Lancashire County  
Council

