



**One
Life
Suffolk**

♥ **health
checks** ♥

Have you had your NHS HEALTH CHECK?

If you are aged **40-74 YEARS OLD** OneLife Suffolk could offer you a **FREE** NHS Health Check, including a blood pressure and cholesterol check to assess your general health and risk of diseases such as stroke, diabetes and heart disease.

Visit the OneLifeSuffolk website to check for locations and availability

To book

Please email info@onelifesuffolk.co.uk

Or call the office on 01473 718193

Access Criteria:

- 40 - 74 years old
- Not had an NHS Health Check in the last 5 years
- No current diagnosis of heart disease, high blood pressure, high cholesterol, diabetes, stroke, kidney disease or vascular dementia