



CHECK IT OUT!

**Did you know that you can get a
free yearly health check if you're aged 14 or over?**

- ✓ **Do you have a learning disability?**
- ✓ **Are you aged 14 or over?**

Ask for a free learning disability health check
at your local GP practice.

WHAT YOU CAN DO TO STAY HEALTHY...



EAT WELL



BE ACTIVE



STAY WELL



GET CHECKED OUT

Visit your GP for a free health check for people with a learning disability.

When you visit your GP take this flyer to help you ask.