

# Glebelands Practice

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## NHS Health Check

The Department of Health is offering health checks to all individuals aged between 40-74 years old, in order to assess their risk of developing vascular disease including stroke and heart disease, whilst providing further support to reduce this risk.

If you currently fall within this age bracket, we would like to invite you to attend for a review. We cannot stress highly enough the value of prevention and the importance of detecting disease early, especially in patients who have no symptoms and feel well in themselves.

You will need to have a blood test. Please book yourself a 5 minute time slot at one of the local phlebotomy clinics - Wanstead Hospital or Forest Medical Centre in Loughton are the closest – by going online to <https://www.swiftqueue.co.uk/bartshealth.php>  
**Please note; for the most accurate results, it is recommended that you fast for 8-10 hours beforehand, so an early morning appointment may be the best option, allowing you to fast overnight. Please DO NOT book at Whipps Cross outpatients as you will be turned away.**

Once you have booked your blood test, you will need to collect your blood test stickers from the reception desk here at Glebelands, to take with you to your appointment at the phlebotomy clinic. Whilst you are here collecting your stickers, you are advised to book a 20 minute appointment with our Advanced Healthcare Assistants (AHCA) to discuss the results and complete the remainder of the health check.

For further information, please go to <https://www.nhs.uk/conditions/nhs-health-check/>

Kind Regards

Drs Howlett, Aravindhan and Bari  
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