Whitewater Health

September 2025

Patient Participation Group

Update on NHS Health Check

What is it?

An NHS Health Check is a **free NHS health assessment** undertaken by GPs and pharmacists for people aged 40 to 74yrs; once every 5yrs and aims to find any **undiagnosed disease early** to give patients space and time to talk about risk factors like inactivity, smoking and any concerns about issues like dementia.

The **20-to-30-minute assessment** checks if you are at risk of any **potentially avoidable conditions,** like heart disease, diabetes, kidney disease and stroke by recording your height, weight, age, sex and ethnicity, checking your blood pressure and cholesterol levels and asking some simple questions on family history and choices. You will be **guided through your results** and what they mean and given some personalized advice on how to lower your risks and maintain a healthy lifestyle. Treatment or medication may also be prescribed to help maintain your health.

Even if you're feeling well, it's worth having your NHS Health Check now so that the NHS can work with you to lower your chances of developing health problems in the future.

Screening Types

Screening is always a choice. You decide which tests, if any, are right for you. For more information/ support speak to a doctor or visit https://www.nhs.uk/conditions/nhs-screening/

Age	Female/ Male	Condition	Screening Type	Screening Timeline	Useful Links
12 and onwards	F / M	Diabetes	Diabetic retinopathy	Diabetic eye screening at least once every 2 years	https://www.nhs.uk/conditions/diabetic-eye-screening/
From 25 years old	F	HPV Screen	Cervical screening / Smear test - Human Papilloma Virus (HPV)	24.5 to 49 years, every 3 years 50 to 84 years, every 5 years	https://www.nhs.uk/conditions/cervical-screening/
50-74 years old	F	Breast Cancer	Mammogram	From 50 years old, then every 3 years until 71st birthday, then you can request every 3 years. Tel: 01962-824841 or email breast.screening@hhft.nhs.uk or www.hampshirehospitals.nhs.uk/breast screening	https://www.nhs.uk/conditions/breast-screening-mammogram/
50-74 years old	F / M	Bowel Cancer	FIT (Home Test Kit)	From 50-74 years old, a Home Test Kit will be received every 2 years then you can request every 2 years. Tel: 0800-707-6060	https://www.nhs.uk/conditions/bowel-cancer-screening/
From 64 years old	M	Abdominal aortic aneurysm (AAA)	AAA screening	From 64 years old you will be screened once, unless an aneurysm is found	https://www.nhs.uk/conditions/abdominal-aortic-aneurysm-screening/

NHS
Hampshire and Isle of Wight

PPG Contact Details:

(Please Note: The PPG is unable to deal with any medical or personal matters)

Email: Whitewaterppg@gmail.com

https://www.facebook.com/WhitewaterPPG

Practice/Surgery Contact Details :

Website: www.whitewaterhealth.nhs.uk

Telephone (Hartley Wintney - 01252 842087); (Hook - 01256-762125)