

# Why Should I go to my Learning Disability Annual Health Check when I turn 14?

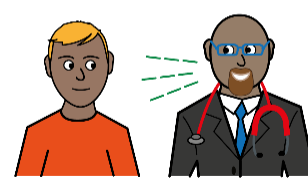
## WHY?

### good health



- An annual health check helps find problems earlier and gets you the right help and treatment, you need to have good health

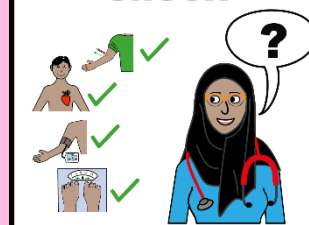
### talk to your doctor



- It's also a great way for you and the staff at the doctors to get to know each other.

## What is it ?

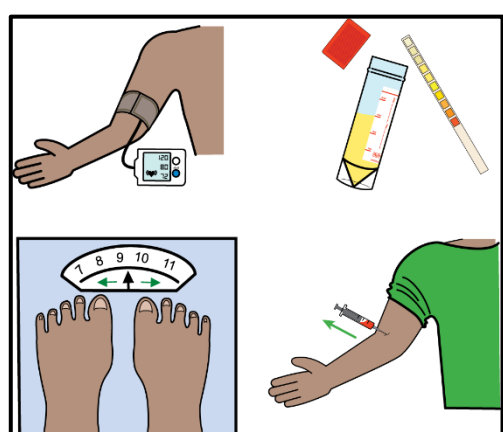
### annual health check



- An Annual health check is an appointment at your doctors **once a year**
- These appointments start when you are **14**.
- If you feel well, It's still important to go to your annual health check
- You can go on your own or take someone you trust.

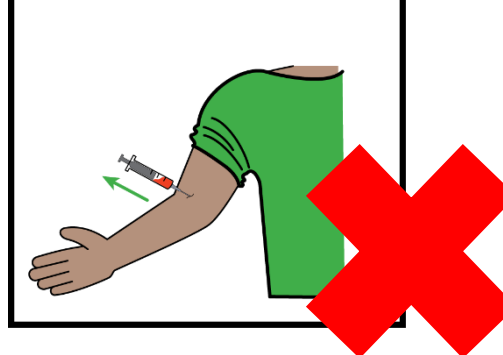
## What checks happen at your annual health check?

At your appointment they will check your...



- Blood pressure
- Height
- Weight
- Pee
- Ears
- and Listen to your heart

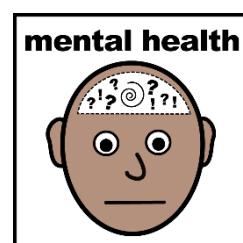
### blood test



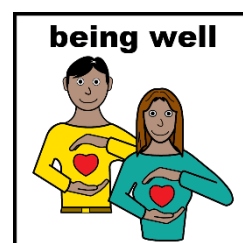
They may check some other things too. If you don't like blood tests you don't have to have one just say **no**.

## What else?

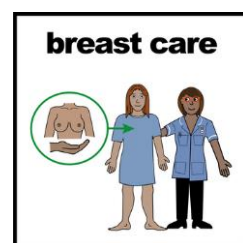
Your annual health check can help with other things like...



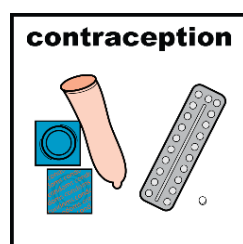
- Help with your mental health



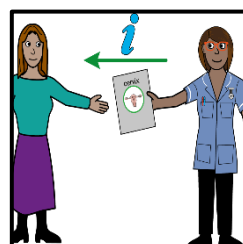
- Lifestyle advice ,for example healthy eating



- How to check your breasts (boobs) or testicles (balls)



- If you're worried about anything



- Sex/sexual health



- Any health tests



- If you need any adjustments to make it easier for you to go to your doctors

- Signpost you to more help and support



Scan the QR code to watch a film about what happens at Annual Health Checks.

<https://youtu.be/g0KFmo66wuA>