free health check **NHS**
for
over 18's

get
checked
out

Check up

If you are over 18 you may be able to get a **free health check** at your local GP practice.

www.yourhealthmatters-leeds.nhs.uk

get checked out

Heart advice

High Blood pressure

Diabetes
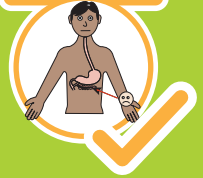
What can you do

Check up
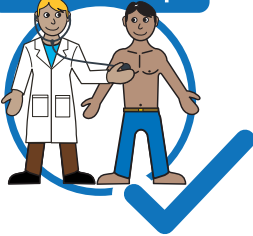
- Visit your GP for a free health check.
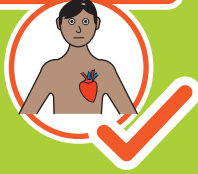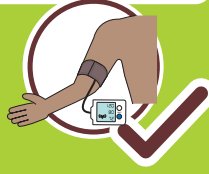
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get checked out

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