



**Is your body
due for an MOT?**

Does this sound like you?

- ☒ I am 30-74 and live, work or have a GP in Walsall
- ☒ I have not had an NHS Health Check in the last 5 years
- ☒ I don't take medication for cardiovascular disease, high blood pressure/cholesterol or diabetes

A free NHS Health Check can spot early signs of serious health conditions and help you stay fighting fit for longer.



What's involved?

The check is confidential and only takes around **20 minutes**.



You will be asked a few questions about your family history and lifestyle.



We will check your weight, height, blood pressure, blood sugar, BMI and cholesterol.



You will receive a Q-risk score along with personalised advice to help you stay healthy.



Book your

FREE

health check



01922 444044



bewellwalsall
@maximusuk.co.uk



bww.maximusuk.co.uk



Walsall Council

maximus

NHS



*Eligibility criteria applies. Funded by Walsall Council and the NHS, this service is delivered by Maximus.