



## NHS Health Check

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as:

[heart disease](#) ,[diabetes](#) [kidney disease](#) [stroke](#)

If you're over 65, you will also be told the [signs and symptoms of dementia](#) to look out for.

If you're aged 40-74 and you haven't had a stroke, or you don't already have heart disease, diabetes or kidney disease, you should have an NHS Health Check every five years.

Any follow-up tests or appointments are also free of charge.

The health conditions picked up by the NHS Health Check are, when added together, the biggest cause of preventable deaths in the UK, with around 7 million people affected by them.

In its first five years, the NHS Health Check is estimated to have prevented 2,500 heart attacks or strokes. This is the result of people receiving treatment after their Health Check.



**BOOK YOUR NHS HEALTH CHECK TODAY!!!!**

## Have you registered for Online Access?

**Book Appointments, order medication and view results all from your own computer.**

**Ask Reception for a registration form today.**



## Patient Participation Group



**Have your say...  
join the PPG today**

## Extra GP appointments

Evening, weekend and bank holiday appointments now available in Walsall

You can now book an appointment to see a GP at one of three Hubs of a weekend, evening or during a bank holiday. Ask your practice team to find out more



## Paperless prescriptions



Save time and go paperless with your prescriptions.  
Ask your GP practice or pharmacy about the Electronic Prescription Service.  
This service means prescriptions are sent electronically from your GP practice to your pharmacy, saving you time and the NHS money.

Visit [www.nhs.uk/eprescriptions](http://www.nhs.uk/eprescriptions)  
or ask your doctor or pharmacist for more information

## Shingles vaccination

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to people in their 70s. You are eligible for the shingles vaccine if you are aged 70 or 78 years old.

The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year.

The shingles vaccine is expected to reduce your risk of getting shingles. If you do go on to have the disease, your symptoms may be milder and the illness shorter.

[Shingles](#) can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. Shingles is also fatal for around 1 in 1,000 over-70s who develop it.

It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks.



## Pneumococcal (pneumonia) vaccine

The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It's also known as the pneumonia vaccine.

Pneumococcal infections are caused by the bacterium *Streptococcus pneumoniae* and can lead to [pneumonia](#), septicaemia (a kind of [blood poisoning](#)) and [meningitis](#).

At their worst, they can cause permanent brain damage, or even kill

A pneumococcal infection can affect anyone. But some people are at higher risk of serious illness, so it's recommended they're given the pneumococcal vaccination on the NHS.

These include: babies, adults aged 65 or over, children and adults with certain long-term health conditions, such as a serious heart or kidney condition

People aged 65 and over only need a single pneumococcal vaccination. This vaccine is not given annually like the flu jab.

**BOOK YOUR APPOINTMENT TODAY**

## Please Keep Us Updated



Changed your Address?



Changed your Landline Number?



Changed your Mobile Number?



Changed your Email Address?



### USEFUL TELEPHONE NUMBERS

Walsall Manor Hospital 01922 721172

Family Planning 01922 775041

GP Hub (extra appointments) 01922 501999

 [Local Pharmacists](#) 

Co-op Pelsall Village 01922 691275

Hartshornes 01922 682342

Lloyds Rushall 01922 623590