

# Annual health checks-Learning disabilities

Annual health checks are for adults and young people aged 14 or over with a learning disability.

An annual health check helps you stay well by talking about your health and finding any problems early, so you get the right care.

You do not have to be ill to have a health check - in fact most people have their annual health check when they're feeling well.

If you're worried about seeing a doctor, or there's anything they can do to make your visit better, let the doctor or nurse know. They'll help make sure it goes well for you.

## Who is eligible?

Anyone aged 14 or over who is on their GP's learning disability register can have a free annual health check once a year.

You can ask to go on this register if you think you have a learning disability. You do not need to be diagnosed with a learning disability to be on the register.

The learning disability register is different from the register of social care needs managed by local councils.

Check with your GP practice if you or the person you care for is on the register.

## How will it help?

You'll get to know your GP better, which will help if you ever do get ill.

Most health problems are simple to treat once you know about them.

Your GP can help stop you getting a serious health condition. This is better than waiting until you're ill.

You can ask your GP questions about your health, how you're feeling, your care or any medicines you take.

Your GP can give you information you need in a way that will help you.