

## HEALTH CHECKS AT WORK

If you are over 18, work in Lambeth and your employer has signed up to the scheme you are eligible to take part. If your employer has not signed up to the scheme they can email [health.atwork@nhs.net](mailto:health.atwork@nhs.net) for how they can be involved.

We've put together some helpful information to tell you what **Health Checks at Work** is about, how to book, and a little bit about why they are important.

### Content

1. Why are health checks happening at my workplace?
2. Who is conducting the health checks?
3. Why should I take part and have a health check?
4. How do I book an appointment?
5. I've booked an appointment but need to change it
6. Why is the booking Form asking me questions about my health and personal information?
7. How do I find my NHS Number?
8. What if I don't live in Lambeth or I am not registered with a GP?
9. Where are the appointments taking place?
10. How do I prepare for my appointment?
11. What will happen at my appointment?
12. What do I need to do after my appointment?
13. Why should I attend a health check even if I have had one recently or do not think I need one?
14. What if I am scared to know my results?
15. I already have a diagnosed health condition and see my GP regularly, shall I still have a health check?
16. What is happening with the information I give on the form or in the appointment, is it private?
17. Any other questions

1. Why are health checks happening at my workplace?

The UK government has funded a new pilot project to deliver NHS Health checks and Cardio Vascular Disease health assessments at workplaces throughout the country and Lambeth are one of the boroughs taking part the scheme.

Your employer has signed up to this pilot, this means you are being offered free and confidential health checks at your place of work by NHS Health Professionals. We want to see if workers like yourself find this a convenient way to access these health appointments. Many people don't have time to have an NHS health check with their doctor and we want to encourage more people to do this as it can save lives.

There is no obligation to take part, but we hope you do as it will be an opportunity for you to take time for your own health.

## 2. Who is conducting the health checks?

An NHS team are delivering the health checks, and you will be seeing fully qualified Nurses and Health Care Assistants. They have conducted thousands of health checks in the last few years and highly experienced at supporting people.

## 3. Why should I take part and have a health check?

**Health Checks at Work** aims to lower your risk of getting conditions that affect the heart and blood vessels, such as heart disease, stroke and kidney disease. Many of the warning signs for these conditions, such as high blood pressure and high cholesterol, do not have symptoms.

Having a health check can help you find out if you are at risk of getting these conditions as well as detect if you might be at risk of diabetes, so you can take action to improve your health.

It is also a chance for you to talk to a health professional about ways you can improve your lifestyle to enjoy better health. At your appointment and afterwards, we will give you information on how you can get help staying healthy. When you come you will be given your results to take away and in some cases they may be

emailed to you within a few days. We'll make sure you know how to access health information in the future.

#### 4. How do I book an appointment?

You simply need to fill out a form (scan the QR code or use this link: [lgpf.org/book](https://lgpf.org/book)) and click submit at the end if you haven't already done this.



Within 48 hours you will be automatically sent a text message or an email with a link. Click on the link to be sent to a booking form to book your appointment at a time convenient to you. You will receive a confirmation of this appointment.

If you are unable to fill out the form or make a booking, you can attend a drop-in session. Your employer will be able to tell you when drop-in sessions are available at your workplace.

#### 5. have booked an appointment but need to change it?

If you can no longer attend the appointment, please email the team [health.atwork@nhs.net](mailto:health.atwork@nhs.net) with your name and dob and preferred contact method (text or email).

The team will then send you another booking link.

#### 6. Why is the booking form asking me questions about my health and personal information?

The form asks you a series of questions about your health status and some identifying information. This information is **can only be seen by the NHS** and will not be sent to your employer. The information is being collected before your appointment so the NHS clinical team can prepare for your health appointment before you arrive, to save you time on the day.

If you have not filled this information out before your appointment, you will be asked to do this on arrival at the **Health Checks at Work** reception area.

## **7. How do I find my NHS Number?**

Click on the following link to find your NHS Number

[Find your NHS number - NHS \(www.nhs.uk\)](https://www.nhs.uk)

## **8. What if I don't live in Lambeth or I am not registered with a GP?**

You can still come and have a health check. If you do not live in Lambeth we will first of all register you as a temporary resident in Lambeth. This does not mean you change your GP it just means that you will have an additional record that means we can make sure the information on the health check will be able to be shared with your patient records if you consent.

If you are not registered with a GP then our team will help you register if you want to. If you do not wish to register you can still have a health check.

## **9. Where are the appointments taking place?**

The appointments will be happening at a central location within your business or company. Your employer will have the details of this and the days and times available, so do ask them.

If you work in a small workplace the health checks might be happening very close by to your place of work, again your employer will be able to let you know.

If you still have not been able to find the information you need, you can email [health.atwork@nhs.net](mailto:health.atwork@nhs.net) but please state who you work for and the ost code of your place of work in the email to help us support you.

## **10. How do I prepare for my appointment?**

There is nothing special you need to do before your appointment. We would just ask that you arrive 5 minutes before your appointment time, to help keep our service running on time.

## 11. What will happen at my appointment?

Each health check will take about 20-30 minutes and be based around your needs. You will be offered tests depending on your age and risk factor for certain conditions as follows:

Age 18-24 <u>or older than 75</u>	Age 25-39	Age 40-74
<b>Light-Touch Health Check</b>	<b>Cardio Vascular Disease (CVD) Assessment</b>	<b>Full NHS Health Check (if not eligible will be offered CVD Assessment)</b>
<b>Conversation on the Vital 5 ways you can stay healthy: Healthy weight Alcohol Smoking Blood Pressure Mental Health</b>	<b>Conversation on the Vital 5 ways you can stay healthy: Healthy weight Alcohol Smoking Blood Pressure Mental Health</b>	<b>Conversation on the Vital 5 ways you can stay healthy: Healthy weight Alcohol Smoking Blood Pressure Mental Health</b>
<b>Height and weight measurement</b>	<b>Height and weight measurement</b>	<b>Height and weight measurement</b>
<b>Blood pressure test</b>	<b>Blood pressure test</b>	<b>Blood pressure test</b>
	<b>Blood Glucose pin-prick blood test</b>	<b>Blood Glucose pin-prick blood test</b>
	<b>Cholesterol pin-prick blood test</b>	<b>Cholesterol blood test</b>

## 12. What do I need to do after my appointment?

After your appointment we will email you with the result of your cardiovascular (heart health) risk. This will let you know if you need to see your GP afterwards and if so, within what timeframe (either within 2 weeks or 4 weeks). Although we may request with your GP you have an appointment, you should make sure you follow this up if you hear nothing in the timeframe we give you.

It is **very important you read your post appointment email carefully**. We strongly encourage you to consider and take action on the advice we give you, especially if it is to request a GP appointment.

We will also give you a print-out of your results to take away with you.

Results and Follow Up		
<b>Immediate results and advice to take away</b>  * If results show high-risk, then a CVD Assessment will be offered.	<b>Immediate results and advice to take away</b>  * If results show high-risk, full NHS Health Check will be offered, unless you are not eligible.	<b>Some immediate results and advice to take away</b>  <b>*cholesterol result will take 48 hours and be texted/emailed with further advice if required</b>  *if results show high-risk, referral to GP may be requested
<b>With your consent, the results will be entered into your GP records and email recommendations will be sent to you.</b>  <b>*for people having an NHS Health Check blood test cholesterol tests will be emailed.</b>		

### **13. Why should I attend a health check even if I have had one recently or do not think I need one**

Our health checks are about more than just taking measurements and giving you results. It will be a chance for you to find out about how you can stay healthy and about local services that can support you. We can also let you know what cancer screenings you should have for your age so you can make sure you have requested one if eligible.

So even if you have had an NHS Health check recently it is still worth you taking the time to come along. As a minimum we will take a blood pressure reading and discuss your health with you.

### **14. What if I am scared to know my results?**

The ***Health Checks at Work*** team are very friendly and have been supporting people for years to improve their health. We know it can be scary, especially if you think you are at higher risk of some conditions or indeed already have been diagnosed with one. But our team will help provide you with the right information and give you the chance to discuss anything on your mind. Small changes in lifestyle can benefit your health in big ways, and it is never too late to improve your health.

### **15. I already have a diagnosed health condition and see my GP regularly, shall I still have a health check?**

It is your choice but we think you will find this service useful and encourage you to come along and speak to a Health Professional. Because you are already being monitored for your health condition we would offer you a health check that gives you a chance to check your blood pressure and discuss ways you could improve your health.

## 16. What is happening with the information I give on the form or in the appointment, is it private?

Absolutely everything you tell us on the booking form or in person will be kept strictly confidential. If you consent, a record of your health check will be added to your GP record. In some cases, and with permission we may contact your GP on your behalf and request a follow-up appointment but we will ask you before doing this.

Some anonymised data will be shared to the Department of Health and Social Care and Lambeth Council Public Health. You will not be able to be identified from this information and all data is further treated in accordance with GDPR and our privacy notices:

[Lambeth-Healthcare-Privacy-Notice-2023.pdf \(lambethgpfederation.co.uk\)](#)

[Public Health privacy notice | Lambeth Council](#)

The purpose of sharing anonymised data is for this pilot scheme to be evaluated and so future health services can be planned.

## 17. Any other questions?

If you still have an unanswered question, you can contact the team at:

[health.atwork@nhs.net](mailto:health.atwork@nhs.net)

