Have you had your free annual health check?

Sussex Health&Care

If you have:

→ **a diagnosis of schizophrenia, bipolar disorder, and/or experience of psychosis,**

→ **and you are aged 18 or over,**

✓ **you can benefit from a free annual health check at your GP practice once a year.**

Talking to a doctor, nurse, or access facilitator, and having a few simple tests, can help with finding any health problems early.

This means they can offer you the treatment or support you may need to stay well.

If you need a little extra help attending a physical health check, ask if your practice can provide:

- ✓ a longer appointment,
- ✓ an appointment at the beginning or end of the day,
- ✓ a quiet place to wait,
- ✓ to have a carer, friend, or peer support worker with you,
- ✓ anything else you may need.

I'm ready to take the first step. How can I request my check?

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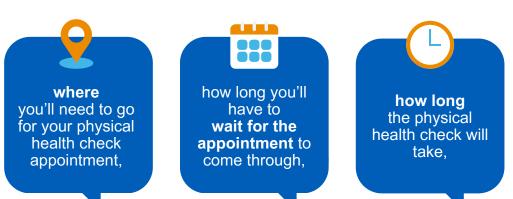**To get your check you can contact your GP surgery and say:**

→ **you live with a severe mental illness diagnosis, and**

✓ **you would like to book your annual physical health check.**

You can ask:

where you'll need to go for your physical health check appointment,

how long you'll have to **wait for the appointment** to come through,

how long the physical health check will take,

and about any additional support you may need to attend.

If you think you have a diagnosis that means you should be on your GP surgery's severe mental illness register, please ask the receptionist.