

Free NHS Health Check



You are not eligible for a NHS Health Check if you have already received a check in the last five years. NHS Health Check started in some areas of West Sussex from April 2010.

Department of Health guidance states that eligible patients will be those who are **aged between 40 and 74 years** and are **NOT treated for one of the conditions below:**

Has your doctor diagnosed any of these conditions?

- High cholesterol
- Coronary Heart Disease (CHD)
- Angina (chest pain)
- Heart Failure
- Hypertension
- Stroke
- Transient Ischaemic Attack (TIA or 'mini stroke')
- Atrial Fibrillation
- Renal disease/Chronic Kidney Disease (CKD)
- Peripheral Vascular Disease (narrowing of blood vessels, usually in the legs)
- Diabetes

Have you been prescribed any of these medications?

Statins, names include:

- Atorvastatin (brand name Lipitor)
- Fluvastatin (brand name Lescol)
- Pravastatin (brand name Lipostat)
- Rosuvastatin (brand name Crestor)
- Simvastatin (brand name Zoccor)
- Simvastatin combined with ezetimibe (brand name Inegy)

Beta-blockers, names include:

- Atenolol (brands include Tenormin, Tenoret)
- Bisoprolol (brand name Cardicor)
- Carvediol (brand name Eucardic)
- Metoprolol (brand name Lopressor)
- Propranolol (brand name Inderal)
- Sotalol (brand name Beta-Cardone)

Low-dose aspirin

Anticoagulants such as warfarin

Nitrates, names include:

- Glyceryl trinitrate (GTN)
- Isosorbide mononitrate (brands include Chemydur, Imdur, Isotard)

ACE (angiotensin-converting enzyme) inhibitors, names include:

- Captopril (brand name Capoten)
- Enalapril (brand name Innovace)
- Lisinopril (brand name Zestril)
- Ramipril (brand name Tritace)

Angiotensin II receptor antagonists, names include:

- Candesartan (brand name Amias)
- Irbesartan (brand name Aprovel)
- Losartan (brand name Cozaar)

Anti-arrhythmic medicine, names include:

- Amiodarone (brand name Cordarone)
- Disopyramide (brand name Rythmodan)
- Flecainide (brand name Tambocor)
- Propafenone (brand name Arythmol)

Cardiac glycosides, names include:

- Digoxin (brand name Lanoxin)

Antidiabetic medicines, names include:

- Metformin (brand name Glucophage)
- Glibenclamine
- Gliclazide (brand name Diamicon)
- Glimepiride (brand name Amaryl)
- Pioglitazone (brand name Actos)
- Exenatide (brand name Byetta)
- Sitagliptin (brand name Januvia)