

Benefits of getting your annual health check

Checks any changes in your health.
You can ask your doctor any questions about your health.
You can tell the doctor if you are worried about something.
The doctor can help you find support that might help you.
The doctor might be able to help you feel happier.
All of these things help you stay healthier for longer.

Produced by Eloise Whitlock – Student nurse. All photos are sourced from photo symbols.