CHECK YOUR BLOOD PRESSURE

SEPTEMBER

TARGET AREA: CARDIOVASCULAR RISK

What's available?

Free Blood Pressure Checks

This year 'Know Your Numbers!' week will take place on 2nd to 8th September, raising awareness of high blood pressure and encouraging all adults to get a blood pressure check.

It's important to get an accurate blood pressure reading so that you have a clearer picture of risks to your health.

Across Rushcliffe many pharmacies offer free blood pressure checks. To find one of these pharmacies near you scan the QR code.
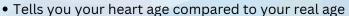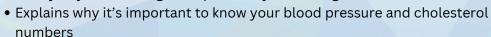
Scan or visit
rushcliffehealth.org/blood-pressure

Heart Age Test

Ever wondered how healthy your heart is?

The Heart Age Test:

- Tells you your heart age compared to your real age
- Explains why it's important to know your blood pressure and cholesterol numbers
- Gives advice on how to reduce your heart age

Scan the QR code to take the short quiz!

Scan or search
'NHS heart age test'

NHS Food Scanner App

Food scanner

With a speedy scan of your family's favourite foods, you can find healthier swaps for next time you shop.

Just scan the barcodes of your family's favourite foods, swipe to see the healthier options available, and make a swap next time you shop.

Download the free app and start finding healthier swaps today, on the App Store or via Google Play

Download on the App Store

GET IT ON Google Play

NHS Health Check

NHS

The NHS Health Check is a free health check-up for adults in England aged 40 to 74 designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia.

As we get older, we have a higher risk of developing one of these conditions and an NHS Health Check helps find ways to lower this risk.

To see if you are eligible for a check, and instructions on how to book scan the QR code.

Scan or search
'NHS Health Check'

Rushcliffe Borough Council

Rushcliffe Primary Care Network

For more info visit *rushcliffehealth.org/phm*

Next months topic... STOP SMOKING