



Your health is precious. Have you had it checked this year?

We all have to look after our health, but people with severe mental illness need to be a little extra careful. Your medication and lifestyle could put you at risk of certain health problems. The good news is, you're entitled to an annual health check to get advice and support.

What does a physical health check include?

- Your blood pressure
- Your weight
- A blood sugar test
- The opportunity to discuss general lifestyle issues and healthy living.

Make sure you get the results of your tests back.

- If you haven't received a letter from your GP surgery about your annual health check, make an appointment to have one.
- Don't wait for your next annual check if you have concerns.
- Book an appointment with the Practice Nurse at your GP surgery any time.
- If you don't feel satisfied with the advice you get from your GP or Practice Nurse, ask to see someone else.

Do you exercise?



Ask your GP or practice nurse if there is an 'exercise on prescription' scheme available. This can get you free access to leisure centres.

Want to stop smoking?



Your GP or pharmacists can support you to reduce or quit smoking. Find out if quitting may affect your medication.

Are you eating well?



Ask for advice and if a specialist nutritionist is available to help you further.

Do you drink or take drugs?



The health check is an opportunity to discuss alcohol and drug use.

When did you last . . .

- See your dentist?



- Have your eyes tested by an optician?



- Get a chiropodist to check your feet?



- For women only: Have a smear test?



Does your medication have side effects?



Common side effects are:

- Weight gain
- Movement problems
- Drowsiness
- Sleeping problems
- Constipation
- Sexual problems

Your medication should be reviewed once a year to give you an opportunity to discuss changes to your medication and alternative treatment. If you haven't been offered a medication review ask your GP for one.

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For 40 years we have brought people together to support each other.

We run services and support groups across England that change people's lives and we challenge attitudes about mental illness.

For more information visit www.rethink.org or call 0300 5000 927.

For more information

New GP or dentist: www.nhs.uk or call NHS Direct 0845 46 47 or 111

Exercise: www.walkingforhealth.org.uk or call 020 7339 541

Smoking: www.smokefree.nhs.uk or call 0800 0224 332

British Nutrition Foundation
www.nutrition.org.uk

National Alcohol Helpline:
0800 917 8282

Drugs: www.talktofrank.com or call 0800 776 600

Medication:
www.medicines.org.uk/emc/

Ask your GP or mental health worker where you can get further information if you are not online.