

# NHS Health Check Survey

We want to find out how people decide whether to accept an invitation to have a NHS Health Check. We would be grateful if you would complete the questions in the booklet, **and return it as soon as possible in the pre-paid envelope.**

## What are NHS Health Checks?

- NHS Health Checks are offered to most people aged between 40 and 74. The Health Check looks at people's risk of developing heart disease, stroke, kidney disease or diabetes in the future.
- Over the next few weeks you will be receiving an invitation to a free Health Check offered by the NHS. The Health Check will be held either at your general practice or at a local pharmacy.

**All the information you give is private** and the study team will keep it safe.

Your GP will still invite you to have your Health Check whether you do or do not complete these questions.

## Free NHS Health Check

Helping you prevent heart disease, stroke, diabetes and kidney disease.



Some of the questions may seem quite similar. This is because having at least two questions on each topic makes the survey results more reliable.

**Please post this booklet back to the study team in the freepost envelope after you have filled it out.**

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# EXAMPLE

Please tick the box that best describes what you think or feel

a. I like to watch TV

Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

If you agreed you would tick the box underneath 'agree'

1. I intend to go for a Health Check in the next few weeks

Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. For me, going for a Health Check in the next few weeks would be...

Very bad	Bad	Slightly bad	Neither bad nor good	Slightly good	Good	Very good
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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**3. If I *did not* go for a Health Check in the next few weeks, I would feel regret.**

Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**4. Will I go for a Health Check in the next few weeks?**

Definitely no	Probably no	Perhaps no	Unsure	Perhaps yes	Probably yes	Definitely yes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**5. If I *did not* go for a Health Check in the next few weeks, I would later wish I had...**

Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**6. For me, going for a Health Check in the next few weeks would be...**

Very worrying	Worrying	Slightly worrying	Neither reassuring nor worrying	Slightly reassuring	Reassuring	Very reassuring
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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**7. I'm confident I can go for a Health Check in the next few weeks...**

Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**8. People who are important to me would...**

Completely disapprove	Disapprove	Slightly disapprove	Neither approve nor disapprove	Slightly approve	Approve	Completely approve
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**...of me going for a Health Check in the next few weeks**

**Do you have anything else you would like to tell us about Health Checks?**

Please post this booklet to the survey team in the freepost envelope that came with this letter once you have filled it out.

**Thank you.**

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