# **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.

Some of the questions may seem quite similar. This is because having at

## **Free NHS Health Check**

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

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.

### **Free NHS Health Check**

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

EXAMPLE										
Please	tick the	box that	t best des or feel	scribes w	hat you	ı think				
a. I like to	watch TV									
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree				
					$\checkmark$					
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				
2. For me	e, going for	a Health Cl		next few we	eks woul	d be				
Very bad	Bad	Slightly bad	Neither bad nor good	Slightly good	Good	Very good				
3. If I <i>did not</i> go for a Health Check in the next few weeks, I would feel regret.										
Strongly disagree	Disagree	Slightly disagree	Neither agree no disagree	agree	Agree	Strongly agree				

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				
5. If I <i>did not</i> 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				
6. For me, going for a Health Check in the next few weeks would be										
Very worrying	Worrying	worrying	Neither reassuring nor	Slightly reassuring	Reassurin	Very <sup>g</sup> reassuring				
			worrying							
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				
8. People who are important to me would										
		C1: -1. 4	Neith y appro		V	Completely				
Completely disapprove		ove Slightl disappro		approv	- ADDrove	approve				

...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.** 

If you need help completing this in English please phone