**NHS Health Check (HAR 2018 V3)**

A picture containing drawing, fruit, food

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**Name:**

**Date of birth:**

**History**

Please answer the following questions:

Your ethnicity (*this will help us to calculate your health risk, as certain conditions are more common among particular ethnic groups*)

* British or mixed British
* Irish
* Other White background
* White and Black Caribbean
* White and Black African
* White and Asian
* Other Mixed background
* Indian or British Indian
* Pakistani or British Pakistani
* Bangladeshi or British Bangladeshi
* Other Asian background
* Caribbean
* African
* Other Black background
* Chinese
* Any other group

Your family history – Among first degree relatives (mother, father, brother, sister), has anyone had:

Cardio-vascular disease

* Family history of Ischaemic heart disease diagnosed at or before age 60
* Family history of Ischaemic heart disease diagnosed after age 60
* Family history of Stroke
* No family history of CVD
* Family history unknown

Diabetes

* Family history of diabetes mellitus
* No family history of DM

Smoking

* Never smoked tobacco
* Ex-smoker
* Current smoker
* Cigarette smoker
* Rolls own cigarettes
* Cigar smoker
* Pipe smoker
* Waterpipe tobacco consumption

**Examination**

If you have instruments at home, please check the following:

Blood pressure:

(*You can check this yourself with a blood pressure monitor. Research shows that self-check BP readings at home are usually lower than in the clinic. This means you may not need so much medication.*

*Simple BP monitors – like the ones doctors carry in their bags – are inexpensive. They do not require maintenance, and only need AA batteries from time to time.*)

* Systolic (the higher figure):
* Diastolic (the lower figure):

Pulse rate:

(*You can usually read this on the blood pressure monitor as well.*

*Or on one of your wrists, you can count the beats with fingers of the other hand.*)

* Beats per minute:

Height:

(*You can stand against a wall, draw a mark with a pencil on top of your head, then measure how high up it is with a ruler or measuring tape.*)

* In cm or feet/inches:

Weight:

(*You can take a reading with bathroom scales.*)

* In kg or stones/pounds:

Waist circumference:

(*You can do this with a soft measuring tape.*)

* In cm or inches: