

# You will receive a Free NHS Health Check



In the next 18 months you will be contacted for your FREE NHS health check.

There will be Health and Wellbeing Outreach Hubs in your local community settings across Wokingham. It is providing NHS Health Checks and other wellbeing support to enable you to take steps to improve your health.

The programme is open to all, but people at risk of developing cardiovascular conditions are a priority. Drop-in clinics will be available alongside some allocated appointments.

If you are not sure if this is for you, or you would like more information.

Please email us at [cwo@wokingham.gov.uk](mailto:cwo@wokingham.gov.uk).

