**Annual health checks**

People with a learning disability often have poorer physical and mental health than other people. This does not need to be the case. Annual health checks are for adults and young people aged 14 or over with a learning disability. This page includes information about the annual health checks for people with learning disabilities, and their family/carers, and for professionals to help them provide high quality health checks.

**Information for people with learning disabilities, parents and carers**

The [**NHS England website**](https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/) has information on annual healthchecks. This includes information on who's eligible, how it will help, how to get an appointment, and what happens during the health check.

Mencap has produced an [**easy read guide about annual health checks**](https://joinedupcarederbyshire.co.uk/download_file/view/1087) and a health action plan. The [**Mencap website**](https://www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-annual-health-checks) has a range of information to ensure people do not miss out on their annual health check. This includes videos and accessible, easy read information.

A parent carer forum in Derbyshire has produced a [**guide to the annual health check**](https://joinedupcarederbyshire.co.uk/download_file/view/1088). It includes information on what happens at the health check, the benefits of attending, and steps to take to access the health check.

The NHS (in Surrey) has produced a [**template to help complete a health action plan**](http://www.surreyhealthaction.org/health-action-planning-made-easy/my-health-action-plan).

**Awareness videos**

The Misfits Theatre Company has produced a video - '[**health is everybody's responsibility**](https://www.youtube.com/watch?v=_C8R_bJdLSQ)' - raising awareness about annual health checks and explaining what is involved.

Mencap has produced a video - '[**Rebecca's story**](https://www.youtube.com/watch?v=oPweN3LPhI4)' - which explains family/carer involvement in developing a health action plan.

The My Health Vision YouTube channel has produced a video on the '[**Annual health check**](https://www.youtube.com/watch?v=gHqRBAj6TYA)' - detailing what is involved.

The NHS (in London) has produced a video - '[**Why health checks are important for people with learning disabilities**](https://www.youtube.com/watch?v=6N7ttls4HxQ)' - which explains how health checks work.

The NHS (in Leeds) has produced a video - '[**Annual health checks for people with learning disabilities**](https://www.youtube.com/watch?v=reLqzDtRIGs)' - aimed at increasing the uptake of the health checks.

The NHS (in Kent) has produced a video - '[**A guide to your learning disability health check**](https://www.youtube.com/watch?v=n56F-qKAwHs)' - explaining what happens at the health check.

The NHS (in Warwickshire) has produced a video - '[**A guide to annual health checks**](https://www.youtube.com/watch?v=gHGGZmNWcdE)' which explains the process of checking in at the doctors, checking up on your health, and checking out with a health action plan.