



Let's talk about annual health checks

focus group

January 2024

About us



- **9** people were at the meeting to talk about Annual Health Checks (AHC)
- they were a mix of different
 - ages
 - backgrounds
 - ethnicity
 - and needed different levels of support



What is working well with annual health checks



- getting a phone call or text to book the annual health check



- having a face to face annual health check



- having the annual health check at the GP practice



- it makes people feel valued, involved and listened to



- it makes us feel independent and in control of our health



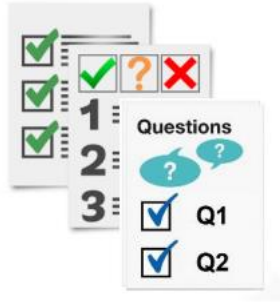
What is not working well with annual health checks



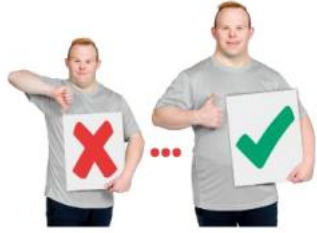
- once the annual health check is booked no appointment letter is sent – a letter would help people to remember the appointment



- not everyone was offered age related screening



- not everyone was asked the same questions
– for example, about smoking, alcohol use and sexual health
- appointments need to be longer
- no one received a health action plan or summary after their annual health check



What would make annual health checks better



- an appointment letter is sent once the annual health check has been booked – it should also say who the appointment is with



- a health action plan or a summary is completed after the annual health check telling us what was agreed during the appointment



- everyone should be offered the age related screenings



- everyone should be asked the same questions



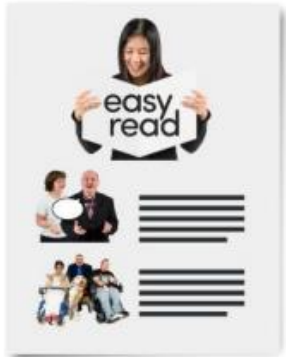
- a longer appointment is offered



How CLDS can help



- GPs can use our **cldsinfo.net** website to find easy read information about different health conditions and share this with patients



- easy read letters are on the GP website

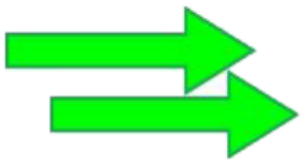


- our health facilitator will talk to the AHC planning group about having a GP health action plan or summary



- our cancer screening facilitator will work with GPs to help people get screened when needed

★ Action



We will make a video about having your annual health check



Annual Health Checks video

At cldsinfo.net/health