

# ONE YOU



# FREE ON THE NHS!

The NHS provides free services including screening, immunisations and health checks to babies, children and adults throughout life.

NHS Screening and Health Checks can also identify apparently healthy people who may have an increased risk of a particular condition so that early treatment can be offered or information given to help them make informed decisions.

- Screening can detect a problem early, before you have any symptoms.
- Finding out about a problem early can mean that treatment is more effective.
- Finding out you have a health problem or an increased risk of a health problem can help people make better informed decisions about their health.
- Screening can reduce the risk of developing a condition or its complications.
- Screening can save lives.

# ADULTS

## Diabetic eye screening

All adults with diabetes are offered an annual diabetic eye test to check for early signs of diabetic retinopathy.

## Cervical screening

Cervical screening is offered to women aged 25 to 64 to detect early signs of cervical cancer. Screening appointments are every three years for those aged 26 to 49 and every five years from the ages of 50 to 64.

## NHS Health Checks

NHS Health Checks are offered to all adults aged 40 to 74 without a pre-existing condition, to assess check circulatory and vascular health.

If you are aged 40-74 you should receive a letter from your GP inviting you for a Health Check. Don't worry if you haven't got your invitation yet, as you will be invited for one over the next few years. In the meantime, you can contact your GP practice if you have any health concerns or would like to discuss making lifestyle changes to improve your health.

## Breast screening

Breast screening is offered to women aged 50 to 70 to detect early signs of breast cancer. Women over 70 can self-refer.

## Bowel cancer screening

A home testing kit is automatically sent by post to men and women aged 60 to 74 – you simply complete the test and return it in the post.

## Abdominal aortic aneurysm (AAA) screening

AAA screening is offered to men in their 65th year to detect abdominal aortic aneurysms (a dangerous swelling in the aorta). Men over 65 can self-refer for this test.

# PREGNANCY

**Pregnant women are offered screening through their midwife or hospital for:**

- Infectious diseases (hepatitis B, HIV and syphilis)
- Down's syndrome, Patau's syndrome and Edwards' syndrome
- Sickle cell disease and thalassaemia
- Physical abnormalities (mid-pregnancy scan)

# BABIES

**Newborn babies** are offered a physical examination (which includes the eyes, heart, hips and testes) a hearing test and a blood spot test to check if the baby has any of nine rare conditions.

The NHS also provides a programme of free vaccinations and immunisations. Your Health Visitor, Practice Nurse or GP practice will contact you to make an appointment for your baby to have the following vaccinations between 8 weeks to 1 year.

- 5-in-1 vaccine: diphtheria, tetanus, whooping cough, polio and Haemophilus influenzae type b (known as Hib)
- Pneumococcal (PCV) vaccine
- Rotavirus vaccine
- Men B vaccine
- Men C vaccine
- Measles, mumps and rubella (MMR) vaccine

# CHILDREN 2 TO 14 YEARS

Many childhood vaccinations are now provided within schools, otherwise you will be invited to attend your GP practice or sent clinic appointment.

## 2-6 years

Children's flu vaccine (annual)

## 3 years and 4 months

- Measles, mumps and rubella (MMR) vaccine, second dose
- 4-in-1 pre-school booster, diphtheria, tetanus, whooping cough (pertussis) and polio

## 12 years +

From the age of 12, all people with diabetes are offered an annual diabetic eye test to check for early signs of diabetic retinopathy

## 12 to 13 years (girls only)

HPV vaccine, protects against cervical cancer

## 14 years

- 3-in-1 teenage booster, diphtheria, tetanus and polio
- Men ACWY vaccine

For more information about free NHS screening, health checks and vaccinations visit [www.nhs.uk](http://www.nhs.uk)

To find out how to make healthy changes to your lifestyle visit

[WWW.NHS.UK/ONEYOU](http://WWW.NHS.UK/ONEYOU)

OR SCAN HERE

