



Health Assessments for the 40 – 49's

“Your Doctor Looking After Your Health”

Then National Health Cooperative is pleased to offer you the opportunity to participate in an over 40 – 49 health assessment.

Health Assessments are a valuable opportunity for you and your doctor to explore areas of your health that may not be covered in a routine consultation. These assessments take into consideration any changes in your medical condition(s), medication and your lifestyle

Health checks generally take 45 – 60 minutes and includes a consultation with the nurse and the doctor. All outcomes will be discussed and you will receive a copy of the assessment including any agreed outcomes and plans. The assessment looks at your

- Physical health
- Mental well being
- Risk for developing chronic diseases [Diabetes or heart disease]

These assessments are for everyone – even if you are in excellent health as the focus is on preventative medicine; identifying potential problems before they arise!

For further information and to make an appointment.

Contact the medical centre on 99411169

