

## Blood Pressure Checks



**Time Commitment:** A BP check can take up to 10 minutes.

**Residents must meet the following criteria:**

- Lives, works, studies and/or is registered with a Hounslow GP
- Gives consent to record information on NHS patient records including age, sex, ethnicity and any measurements

## Community NHS Health Check



**Time Commitment:** A full NHS health check usually takes 20-30 minutes

**Residents must meet the following criteria:**

- Lives, works, studies and/or is registered with a Hounslow GP
- Aged 25 to 74 years old
- Gives consent to record information on NHS patient records including age, sex, ethnicity and any measurements
- No record of an NHS Health Check in the last 5 years
- Does not have any of the following conditions because they should already have regular check-ups with their care team:
  - Coronary heart disease
  - Chronic kidney disease (CKD)
  - Diabetes
  - High blood pressure (Hypertension)
  - Atrial fibrillation (AF)
  - Transient ischaemic attack
  - Heart failure
  - Peripheral arterial disease
  - Stroke
  - Inherited high cholesterol (familial hypercholesterolaemia)
  - Currently prescribed statins to lower cholesterol
  - 20% or higher Q-risk (risk of developing cardiovascular disease over the next ten years) through any NHS health check in England