

Blood Pressure Checks



Time Commitment: ABP 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 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