

Helping you to stay healthy



Annual health checks can help keep you healthy and well

**Do you have a learning disability?
Are you over 14 years old?**



**You can have a free
health check with
a doctor or nurse**



**Ask for more information
at your GP Surgery...**



**...or you can call your local
Learning Disability Team on:**

Isle of Wight



01983 866179

**Created by people with learning disabilities working
with Southern Health NHS Foundation Trust**