

Annual Health Checks and Health Action Plans

“Anyone aged 14 or over with a Learning Disability is entitled to an Annual Health Check (AHC)”

Why do I need an AHC?
How long will my appointment be?
Will I see a Dr or a Nurse ?
How can I ask my GP to help me with a Health Action Plan?



To raise awareness and help improve the health of people with a learning disability. We are offering **virtual sessions along with Q&A** on:

- Annual Health Checks
- Health Action Plans
- Physical Health Monitoring of people with a learning disability

The sessions are open to all family carers and people with a learning disability and all professionals who work with people with a learning disability.

Sessions available online via Microsoft Teams:

- On **14/July/2021: 1.50pm - 3.00pm** [Click here to join the meeting](#) (ctrl + click on link)
- On **15/July/2021: 5.50pm - 7.00pm** [Click here to join the meeting](#) (ctrl + click on link)

We have allowed 10 minutes at the beginning of each session to allow everyone to join. Session will start on 14th July at 2.00 pm and on 15th July at 6.00 pm.

Please contact rachel.johnson10@nhs.net for more information about the seminar.

For more information on AHCs visit website : <https://joinedupcarederbyshire.co.uk/about/our-governance-1/ld/annual-healthchecks>