

# Free health checks for over-14s with a learning disability



get  
checked  
out

- Got a learning disability?
- Over 14 years old?
- then ...
- Get a checkup



Ask for a **free** learning-disability health check at  
your local GP practice

Reading  
Families'  
Forum

[www.readingmencap.org.uk](http://www.readingmencap.org.uk)

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## Are you a parent/carer of a young person with a learning disability?

**Yes?**

### **This is how to arrange a free health check for them ...**

- ask your GP to enter their name on the practice's Learning Disability Register
- you will be sent a letter with an appointment
- the letter tells you what will happen at the health check
- after the health check, your GP will give you a Health Action Plan
- your GP will also ask whether you are willing to share important information with other health and care professionals to benefit the person you care for

**It's easy!**

*Need more information or advice?* Contact Reading Mencap at  
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