

HEALTH CHECK	HOW OFTEN	DATE LAST CHECKED	CONTACT	PHONE NUMBER	DATE OF APPOINTMENT	COMPLETED	NEXT DUE DATE
Bone Density Test							
Bowel Cancer Screening Home Test Colonoscopy							
Blood Test for Cholestorol							
Dental							
Diabetes Screening							
Eye Test							
General GP							
Hearing Test							
Mammogram							
Cervical Screening							
Skin Cancer Screening							

**MAKE TIME FOR YOU! DO SOMETHING TODAY THAT MAKES YOU FEEL GOOD - HEALTHY MIND & HEALTHY BODY MAKES A HEALTHY PERSON**

*Regularity of checks depend on individuals e.g. family history, previous condition*