



Aged 40-74?

Go for your **FREE NHS Health Check**

If you are between 40 and 74, you will be invited for a **FREE NHS Health Check** to help reduce your risk of developing heart disease, stroke, type 2 diabetes, kidney disease and dementia.

Find out more at www.nhs.uk/conditions/nhs-health-check.

Help spot the signs early

www.rmgfirstclasssupport.co.uk

or download the 'Lifeworks' app from iTunes or the Google Play store.

Sign up with your invitation code (RMG-your pay number) e.g. RMG-12345678.

Prefer to speak to someone? Call 0345 2665060 or use Online Chat via the website/app.