

Appendix A – Eligibility Criteria and Programme Pathway

Regulations require that specific elements are recorded in an NHS Health Check - age, gender, smoking status, family history of coronary heart disease, ethnicity and physical activity levels.

In addition, regulations require that a person having an NHS Health Check must be told their body mass index, cholesterol level, blood pressure and alcohol use disorders identification test (AUDIT) score, as well as their QRisk score. Those aged 65 to 74 should also be made aware of the signs and symptoms of dementia and signposted to memory services, if that is appropriate.

The regulations state that people aged 40 to 74 years who do not have any of the following conditions are eligible:

- transient ischaemic attack
- familial hypercholesterolemia
- heart failure
- peripheral arterial disease
- stroke
- currently being prescribed statins for the purpose of lowering cholesterol
- people who have previously had an NHS Health Check and found to have a 20% or higher risk of developing cardiovascular disease over the next ten years.

NHS Health Check



