

Keep Well Health Checks for Carers in Dundee

The Dundee Keep Well Community Team can offer you a free health check if you are over the age of 18 and help look after a friend or family member who needs your support due to illness, disability, a mental health problem or an addiction?

You are being offered a health check because taking on a caring role can impact on your own health and you may find it difficult to make time to focus on your own health needs.

The health check includes:

- measuring your Blood Pressure
- measuring your Cholesterol
- measuring your Height, Weight and Body Mass Index (BMI)

There will be an opportunity to discuss wellbeing and social issues, which may impact on your health, as well as assessing your lifestyle issues.

All the results of tests will be explained to you and support will be offered to help prevent or reduce health risks. We can also refer you onto other services for ongoing support.

If you would like to take advantage of this health check or you would like to find out more information, please contact the Dundee Keep Well Community Team on 01382 424014.

Health Check appointments can be arranged at a suitable time, within a local community venue.