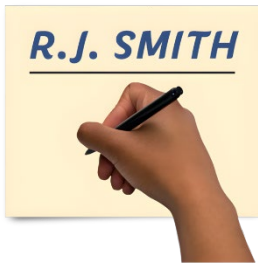




I would like to request my Annual Health Check



This is a letter I have downloaded from the Dimensions My GP and Me campaign for accessible primary healthcare for people with learning disabilities.



I would like to request my Annual Health Check.



Please check that I am on the NHS Learning Disability Register.



This will confirm that I am eligible for my Annual Health Check.



Everybody who is on the NHS Learning Disability Register can have an Annual Health Check when they are over 14 years' old.



If I am not on the Learning Disability Register, please add my name.



Anybody with a learning disability can be on the Learning Disability Register, with or without a diagnosis.



Being on the register makes my GP practice staff aware of reasonable adjustments that can help me at my appointments.



Before I have my Annual Health Check I would like to discuss how the doctor can make it accessible and inclusive for me.



Annual Health Checks are important:



- To improve my health outcomes.



- To help identify and treat medical conditions early.



- To check my medicines and how they could be hiding other issues.



- To guide me to additional support such as vaccines and tests.



- To make sure I am getting the right diagnosis and treatments.



- To help stop **diagnostic overshadowing**. This is when health problems are wrongly explained by an existing condition.



- To produce a Health Action Plan.



People with a learning disability die around 20 years younger than the general population (LeDeR report, 2023).



You can find advice and guidance about how to carry out an annual health check here: dimensions-uk.org/mygpandme



I appreciate you supporting me to use my right to be on the Learning Disability Register and have an Annual Health Check.



Thank you.