

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.

Please check that I am on the NHS Learning Disability Register. This will confirm that I am eligible for my Annual Health Check. If I am not on the Learning Disability Register, please add my name. I have a learning disability and anybody with a learning disability can be on the Learning Disability Register, with or without a diagnosis.

Being on the register makes my primary health care practitioners aware of reasonable adjustments that can help me at my appointments and makes me eligible for a free Annual Health Check.

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 review medications and how they could be masking other issues.
- To provide access to additional support such as vaccination and immunisation or cancer screening.
- To avoid misdiagnosis and inadequate treatment.
- To make sure my learning disability and other diagnoses don't overshadow investigation into other health concerns (diagnostic overshadowing).
- 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 your help in ensuring that I can access my right to be on the Learning Disability Register and have an Annual Health Check.

Thank you.