



Self health check

Name Date

Supporting you to live healthier and access community health services, by inviting local organisations and health professionals to give advice.

Healthy living	Question	Agree / Disagree
Sexual health	I have had a recent STI check and smear check.	
Healthy teeth	I have visited a Dentist in the last year.	
Healthy body	I have healthy skin and have a personal care routine.	
Healthy weight	I am a healthy weight and have regular exercise.	
Healthy eating	I eat a balanced diet and eat regular meals.	
Healthy eyes	I have visited an Optician in the last year.	
Contraception	I have long-term contraception, protection from pregnancy.	
General health	I am registered with a GP and have seen them in the last few months.	