

NHS Health Check Guide

	Normal/ok	Raised/High	Action	Very High	Action
Blood Pressure	≤130/80-139/89	≥140/90–178/108	Review in routine appointment by HCA/PN/GP plus blood tests for U&E's, eGFR & HbA1c.	≥179/109	Recheck x2 if still the same see GP/PN/HCA standard appointment and blood tests.
				≥180/110	Recheck x2 if still the same or higher to see GP Same day or if out of hours refer to A&E
BMI	18.5-24.9 S. Asian/Chinese (<23)	25-25.9 S. Asian/Chinese (≥23)	Give weight reduction advice	≥30 S. Asian/Chinese (≥27.5)	Bloods for HbA1c Discuss referral to Weightwatchers/Slimming World if BMI ≥35, or ≥33 if Asian/Chinese.
Waist Circumference <small>* 4 cm less for male Asian patients</small>	♂ up to 94cm/37" (Up to 90cm S Asian) ♀ up to 80cm/31"	♂ 94-102cm (Over 90cm S Asian) ♀ 80-88cm	At risk of developing diabetes and heart problems, give advice on diet & exercise	♂ *102cm + ♀ 88cm +	Explain at high risk of diabetes and heart disease. Give advice on diet and exercise
Pulse	Normal	Abnormal	If pulse irregular, possible Atrial Fibrillation, refer to GP/PN (Patient may need an ECG) Without symptoms = Standard appointment With symptoms = Same day GP appointment (A&E if out of hours) * Possible symptoms may include dizziness shortness of breath or feeling ill.		
	Regular beat	Irregular beat *			

♂ = male ♀ = female

Appointment Type Routine - To see GP/PN 2-3 weeks for non-urgent appointment.

Standard – To see GP/PN within the next week.

	Normal/ok	High	Action	Very High	Action
Serum Cholesterol (total cholesterol)	<5 – <5.5 mmol/L or Below	5.5 – 7.4 mmol/L	Give advice on lowering cholesterol. Provide a diet sheet.	≥7.5	Give advice on lowering cholesterol – provide a diet sheet PLUS bloods for Fasting lipid profile, Thyroid Function test (TFT) Liver function test (LFT) eGFR and a routine appointment.
	Normal/ok	Abnormal/Raised	Action		
HDL	♀ Above 1.2 mmol/L ♂ Above 1.0 mmol/L	♀ Low less than 1.2 ♂ Low less than 1.0	Advice on how to improve the HDL (diet and exercise) NB –a HDL of less than 0.8 may be an inaccurate reading. Repeat test if client willing.		
TC/HDL Ratio	4.5 mmols/l or below	Greater than 4.5mmols/L	If ratio is ≥4.5 - <6 give advice as above about reducing total cholesterol and raising HDL If ratio is ≥6 Refer for fasting lipids blood test.		
Alcohol ‘regularly drinking’**	♀ Up to 3-4 units/day ♂ Up to 2-3 units/day	♀ Above 3-4 units/day ♂ Above 2-3 units/day	***‘Regularly’ means drinking every day or most days of the week. Give Brief intervention advice on reducing alcohol intake.		
Audit-C/Alcohol Audit Score	Score of 4 – lower risk	Score ≥5 on Audit C then complete full Audit questionnaire adding score from Audit C full Audit score	Full AUDIT score: 8-15 - Increasing risk, 16-20 - Higher risk, 20+ - possible dependence. Give brief intervention on alcohol using brief intervention tool. Refer to GP/PN if score is 16-20 if needed. Refer to GP/PN and or BDAS (020 8289 1999) for scores 20+ and above.		

Qrisk2 10 year Cardiovascular Risk Score	Below < 20% call for NHS Health check in 5 years	Equal to or more than ≥ 20% ≥10-19.9%	≥ 20% Blood test as above for high Cholesterol. Set Lifestyle goals and Review with see GP or PN following blood tests. No further NHS Health checks – will have annual review. ≥10-19.9% Advice and trial of lifestyle modification. Reassess CVD risk with GP/PN 3-12 months after trial of lifestyle modification.
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