

Digital Health Check Frequently asked questions (FAQs)

1. Why have I received an invite for a Digital Health Check?

As you have not responded to previous letters inviting you to a face-to-face NHS health check, you are now invited to complete an online digital health check.

2. What is a Digital Health Check?

A digital health check is similar to the face-to-face NHS health check. You will be asked 10 questions. If you do not know some of the answers, like your blood pressure for example, the digital health check will select an average value for someone similar to your age, sex and for where you live. On completing all the questions, you will be given a heart disease risk score. This estimates the likelihood of you experiencing a heart attack or stroke in the next 10 years. You will be provided with information on how you can reduce your risks.

3. How is the Digital Health check calculated?

The digital health check uses QRISK to calculate the probability of heart disease occurring in the next 10 years based on the information you provided. This is the same calculation that is used in the face-to-face NHS health check and has been used by leading health experts and the NHS for over 10 years. For more information on [QRISK](#)

If you have questions about your results, please speak with a health professional such as a practice nurse, GP or pharmacist.

4. What does 'heart age' mean?

The Heart Age tells you your heart age compared to your actual age. Having a heart age older than your actual age means that you are at a higher risk of having a heart attack or stroke, a leading cause of death in the country.

5. Can I still have a face to face health check?

Yes, if you have not had a face to face health check in the last 5 years, you are eligible for one.

If your risk score is high, you will also be requested to make an appointment for a face-to-face health check. You can do this by either contacting the GP Practice where you are registered as a patient or one of the 6 local pharmacists that deliver the NHS Health checks across Southwark. Please see [here](#) for the 6 pharmacists.

26th June 2019

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