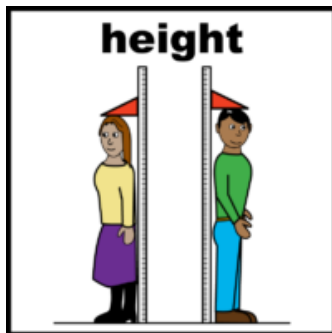


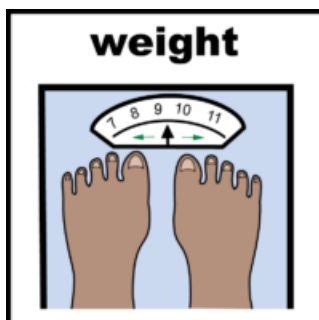
## What happens at an Annual Health Check?

### Checking your weight and height

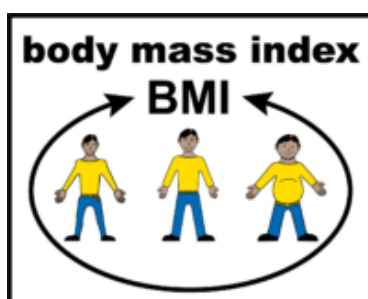


At your annual health check the doctor or nurse will check your height and weight.

To check your height the doctor nurse will ask you to stand against a large wooden ruler. This shows how tall you are.



The doctor will also ask you to stand on some weighing scales. This will show you what you weigh.



By measuring how tall you are and weighing you, it tells the doctor or nurse if your weight is ok or if you weigh too much or too little.

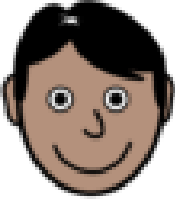
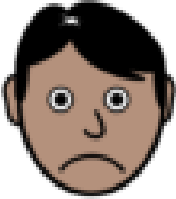
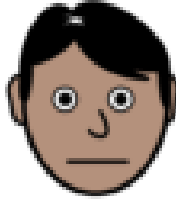


The doctor or nurse may talk to you about healthy eating and exercise.

My height is;

My weight is;


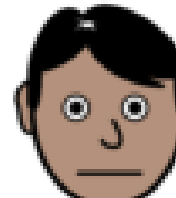
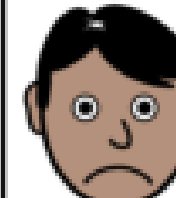
Have you ever had your weight and height taken?

yes	no	don't know
		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you did do you know when?

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How did you feel?

good	ok	bad
		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>