Having your health check

Produced by Ashley McColl, NHS Fife Speech and Language Therapy ALD service. Images from Photosymbols and NHS Scotland Photolibrary.
The learning disability nurse will give you a health check.

At your health check the nurse will ask you about:

- Your body
- Exercise
- Medication
- How you feel

The nurse will listen to what you say and will make up a plan to keep you healthy.