

# FREE NHS HEALTH CHECK FOR EVERYONE AGED 40-74\*

High blood pressure, heart disease, stroke, kidney disease and diabetes are the number one cause of premature death in this area. That's why your local NHS is inviting everyone between the ages of 40 and 74 to have a FREE NHS HEALTH CHECK.\* It takes about 20 minutes and can reduce the risk of a serious health condition.

To find out more or to book your FREE NHS Health Check, call 0845 673 0055 or visit [www.sotw.nhs.uk](http://www.sotw.nhs.uk). Or you can visit any of the pharmacies listed below.

## **Boots**

2-3 Park Lane  
Sunderland  
SR1 3NX

## **Boots**

45 The Bridges  
Sunderland  
Tyne and Wear  
SR1 3LF

## **Demnox Chemists**

Doxford Park  
Shopping Centre  
Sunderland  
SR3 2NE

## **Snowdons Pharmacy**

44-46 Sunningdale  
Road,  
Sunderland  
SR3 4ES

## **Whitfield G Ltd**

5 Front Street  
Hetton-le-Hole  
Tyne and Wear  
DH5 9PE

## **Whitfield G Ltd**

1a Church Street  
Houghton-le-Spring  
Tyne and Wear  
DH4 4DN

## **Whitfield R Ltd**

93 High Street  
Easington Lane  
Tyne and Wear  
DH5 0JR

\*To benefit from a FREE NHS HEALTH CHECK you must be registered with a GP in Gateshead, South Tyneside or Sunderland. If you have been diagnosed with heart disease, diabetes, kidney disease or have had a stroke, you are not eligible for a check.