

Aged 40-74? Find out about our FREE NHS Health Check

Even though you might be feeling great, if you're over 40 you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A FREE NHS Health Check can help you reduce these risks and make sure that you stay healthy.

Nearest location:

Stevenage Library Southgate
SG1 1HD

Monday 1st June 2026



Scan QR code to
visit website

To book an appointment, visit
hertfordshire.gov.uk/healthchecks

**NHS
HEALTH
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia