



**A few moments now could add years to your life**

**NHS LifeCheck**  
[www.nhs.uk/lifecheck](http://www.nhs.uk/lifecheck)

LifeCheck is a free service to help you and your family improve your health. It takes just a few minutes to complete.

Just answer eight simple questions and LifeCheck will give you results tailored to your age, gender and lifestyle. A few moments spent now could add years to your life.



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