

Looking after your General Health

Live Well

Live well now and help prevent avoidable ill health (diabetes, stroke, heart problems, mobility issues) in later years. Visit the [NHS Live Well webpage](#) to get some advice, tips and tools to help you make the best choices about your health and wellbeing.

What's your heart age?

Visit the [NHS Heart Health webpage](#) to find out the age of your heart.

Over 40? Make sure you access NHS Health Checks

The [NHS Health Check](#) is a health check-up for adults in England aged 40-74. It's designed to [spot early signs](#) of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

Healthy Living – British Heart Foundation Guidance

[Visit the British Heart Foundation's website](#) for lots of helpful guidance.

The links above are for general information (and action!)

Please contact your GP if you're worried about your health or wanting to start a new health regime.

To invest in the health and wellbeing of your staff, please contact Lynn.Murphy@southampton.gov.uk

www.southampton.gov.uk/wellbeingatwork