

# Transcript: NHS Health Checks Video 1

Scene: Two people with their bikes at a beach

Individual 1: I have been tired for years; I've just put it down to getting older. If I had known I could have something as serious as diabetes, I would have gone for the check sooner. You shouldn't put it off.

Individual 2: I booked us both in for a free NHS Health Check cos...well I was worried about him. But it turns out we both need to make some lifestyle changes. My GP put us in touch with OneLife Suffolk and their helping us get some physical activity in our everyday routine. Come on...I race you to the end.

Individual 1: (sighs)

Static information at the end of the video:

Even though you might be feeling great, if your over forty you may be risk for heart disease, stroke, kidney disease, diabetes and dementia.

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