

NHS Health Checks

Information for Primary Care Providers Commissioned by Norfolk County Council

Version 1.3

Updated 20/05/2024



In partnership with



The NHS Health Check Programme

- The NHS Health Check programme is the national cardiovascular risk screening programme that helps prevent diabetes, heart disease, kidney disease, stroke and dementia. Eligible patients aged 40 – 74 are invited by their GP practice to have a check once every five years.
- CVD places a considerable strain on the NHS and wider society, accounting for an estimated £8.96 billion a year in NHS healthcare costs alone.
- An estimated 50% to 80% of CVD cases are caused by modifiable and preventable risk factors, including: smoking, obesity, hypertension, high cholesterol, harmful drinking, poor diet and physical inactivity.
- These risk factors are greater in lower socioeconomic groups, making CVD one of the conditions most strongly associated with health inequalities.
- In Norfolk, the programme identifies high risk CVD factors in individuals and has pathways to refer them into lifestyle services such as smoking cessation, weight management, support with alcohol and substance misuse and diabetes prevention.



The NHS Health Check Programme

- ❖ **NHS Health Check has the potential to annually.....**
 - **Prevent – 1600 heart attacks and strokes**
 - **Prevent – 4000 people developing diabetes**
 - **Detect – 20,000 cases of diabetes or kidney disease**
 - **Avoid – at least 650 premature deaths**
- ❖ **In Norfolk, NHS Health Check has the potential to annually....**
 - **Prevent – 27 heart attacks and strokes**
 - **Prevent – 68 people developing diabetes**
 - **Detect – 340 cases of diabetes or kidney disease**
 - **Avoid – at least 11 premature deaths**



- In primary care, most practices continue to deliver NHS Health Checks in-house, and a small number of pharmacies* continue to offer opportunistic health checks.
- REED Wellbeing* aim to deliver NHS Health Checks to patients who were due their health check during the pandemic (2020/21/22) as well as providing NHS HCs for any eligible patient. Patients can book using REED's online / telephone system. Opportunistic or walk-in health checks are also provided at outreach events or where a patient requests one. REED are Norfolk-wide, and community-based. This service is commissioned until September 30th 2024.

*Please note that REED & pharmacies do not have access to GP patient data.



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- The outcomes of those patients who have an NHS Health Check with REED or pharmacies are securely sent to their GP practice via secure email PDF (REED) or PharmOutcomes (pharmacies).
- NHS HCs are also reviewed by CQC when they inspect. As part of the 'Effective' domain, CQC look at:
 - whether appropriate NHS HCs for patients aged 40 to 74 have been undertaken
 - whether there is appropriate and timely follow-up on the outcome of NHS HCs where abnormalities or risk factors were identified.



- The estimated 5-year eligible population per GP Practice is calculated as: the practice's registered population 40-74 minus the estimated ineligible population.
- The ineligible population (i.e. the number of people aged 40-74 already on a disease register) is estimated by age band and sex using the following percentages from the "NHS Health Checks Best Practice Guidance"
- Also, as per the best practice guidance:
"The eligible population is independent from the number of invitations already made during the five-year cycle. When estimating the total eligible population, an individual who has received an NHS Health Check in the last five years – although not eligible for re-call until five years after their first NHS Health Check – remains in the total eligible population."



- If your practice would like to provide NCC with your eligible population, please email (phcontracts@norfolk.gov.uk) the data below and this will be incorporated in NCC's reporting:
 - All the practice's registered population 40-74
 - Number of people 40-74 already on a chronic disease register
- Norfolk County Council will then calculate the NHS Health Check 5-year eligible population for each practice as "All the practice's registered population 40-74 minus the number of people aged 40-74 already on a disease register".
- Please note that the practice's 5-year eligible population doesn't exclude people that already had an NHS Health Check.



NHS Health Checks are for people who are aged 40 to 74 who do **NOT** have any of the following pre-existing conditions:

- heart disease
- chronic kidney disease
- diabetes
- high blood pressure (hypertension)
- atrial fibrillation
- transient ischaemic attack
- inherited high cholesterol (familial hypercholesterolemia)
- heart failure
- peripheral arterial disease
- stroke
- currently being prescribed statins to lower cholesterol



Also excluded are people who:



- previous NHS Health Checks have found that the patient had a 20% or higher risk of getting cardiovascular disease over the next 10 years.
- patients who have learning disabilities - (<https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/>).
- patients who have had a health check in the last 5 years.



For practices to invite eligible patients to:

- apply the overall NHS Health Check Eligibility Criteria.
- search for patients that had their last NHS HC over 5 years.
- Send patient the NCC templated letter that directs patients to book with their GP practice or with REED.
- Additional information on searching can be found: [5.36 NHS Health Check Searches : Ardens EMIS Web](#) and [NHS Health Checks : Ardens](#)



Letter #	Template Description	Document
1	Letter for GP practices to invite their patients for an NHS HC delivered by the Practice	 NHS HC Invitation 1 (in year cohort - GP)
2	Letter for GP practices to invite any eligible patient to have their NHS HC with REED Wellbeing. This letter can also be used to inform patients of the NCC website that lists pharmacies as an option.	 NHS HC Invitation 2 (2020_2022 cohort -



Template	Text Content
1 st invitation text (SMS) message	Dear <insert name>, your free NHS Health Check is due. Call <insert GP practice number> to book. Find out the benefits of having an NHS Health Check at: www.norfolk.gov.uk/healthcheck
Reminder text (SMS) message	Dear <insert name>, you were recently invited to attend your free NHS Health Check. Call <insert GP practice number> to book. Find out the benefits of having an NHS Health Check at: www.norfolk.gov.uk/healthcheck



Those practices contracted with Norfolk County Council for NHS Health Checks will be reimbursed for:

- **Lot 1a (GP only) – sending out letter / text invites = £2.10 per letter / text (does not apply to any reminder letters)**
- **Lot 1b – delivery of NHS HCs by the practice = £30.00 per HC using phlebotomy or £33.00 using POCT / NPT**
- **Lot 1c (GP only) – community records update = £2.00**



Payment:

NCC GP claims portal: [Claims for NHS health checks, sexual health services and stop smoking services - Norfolk County Council](#)

When a payment is due, Norfolk County Council will extract and verify the activity on. or soon after. the 10th of quarter as follows:

- Q1 – 20th July
- Q2 – 20th October
- Q3 – 20th January
- Q4 – 20th April

Please note that if a practice's patient has an NHS HC delivered by a community Provider, the practice cannot claim delivery payments for this patient and should not be included in the data entered in the portal. The practice can claim community records update payments in this scenario.

Pharmacies will be paid by NCC by activity from PharmOutcomes.



- Conduct a regular data extract of eligible patients on a monthly basis and send out a letter invite to the identified cohort (10% recommended each month).
- Consider prioritising initial mail outs to patients at higher risk of CVD, e.g. smokers, those living in IMDs 1 & 2, those that are obese and ethnic minorities particularly those of Asian ethnicity.
- Advertise NHS Health Checks using the official materials on the NHS Health Check website or NCC HILs website (see next slide). Your practice could put up posters, include a section on your website and patient updates, have leaflets available and use electronic screens to advertise.
- Utilise REED Wellbeing if your practice cannot deliver all health checks – there are templated letters you can use to invite your patients to have a health check with them.
- Consider conducting follow-up text messages to your patients who have had a letter inviting them for an NHC, encouraging them to book.



For Practitioners to deliver the NHS HC, they must hold the core competencies (as per the National Framework). NHS HC training is strongly recommended to build upon the core competencies, as follows:

- Practitioners can see, and book, available training, via: [Norfolk | Smart Health Solutions](#) – full day NHS HC training is recommended once every 3 years.
- Practitioners can complete the NHS HC online courses within the National Learning Hub, via: [NHS Health Check - Training](#)
- Practitioners can complete the NHS HC training video on the E-lfh, via: [NHSE elfh Hub \(e-lfh.org.uk\)](#)
- Practitioners must be clinically competent in the core competencies of the NHS HC, viewable via the Competency Framework: [NHS Health Check - Training](#)



Additional Training & Resources for Practitioners

- **Locally commissioned advanced Behaviour Change & MECC Training for Practitioners:** [Support for professionals and stakeholders - Norfolk County Council](#)
- **Practitioners should monitor additional beneficial training related to the NHS HC, including refresher training, via:** [Norfolk | Smart Health Solutions](#)
- **Ardens systems template and video guides for completing an NHS HC:** [NHS Health Checks : Ardens](#)



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Ardens Templates – Heart Age Calculator

NHS Health Check

Other Details... Exact date & time Wed 20 Mar 2024 10:21

Changing the consultation date will affect all other data entered. To avoid this, cancel and press the 'Next' button [Hide Warning](#)

Home | Alcohol | Smoking | Weight, Diet & Physical Activity | Memory | Health Advice | **Cardiovascular Assessment** | Summary

Cardiovascular

ardens help & feedback

Assessment Symptoms >> GP if chest pain, SOB, leg pain

- *BP mmHg Best of 2 readings 5mins apart [BP Screening](#)
- *Pulse rate bpm If <50 or >100 = Do ECG + Duty GP [BP Advice](#)
- *Rhythm If irregular = Do ECG + Duty GP [ECG](#)
- *Family history IHD FH IHD = Angina or MI in 1st degree relative
- DM Family history of hypercholesterolaemia
- Ethnicity

Blood Test *Blood test [Phlebotomy](#) [Blood Results](#)

- Total cholesterol mmol/L [Heart Age Calculator](#)
- Plasma HDL mmol/L [Cholesterol Advice](#)
- Serum HDL mmol/L [Statin Advice](#)
- Total chol:HDL ratio
- Diabetes mellitus screening [Diabetes Scre...](#) Test if BMI >30 or >27.5 +Indian/Pakistani/Bangladeshi/Asian/Chinese or BP >140/90 or 1st deg relative has DM or CVD If >11 = Refer GP
- Fasting glucose mmol/L
- Random blood gluco... mmol/L
- HbA1c mmol/mol

Risk *CVD risk assessment done [QRISK2/3](#) **N.B. Click ok + reopen template first**

- Low CVD risk - QRISK2/3 <10% > For routine recall in Sy
- High CVD risk - QRISK2/3 >10% > Referral to GP [Follow-Up](#) [CVD Prevention](#)
- *CVD health education given
- Lifestyle counselling
- Referral [Lifestyle Wellbei...](#)
- *NDPP if pre-diabetes [Communications](#)
- Goals

Show recordings from other templates Show empty recordings

Information Print Suspend **Ok** Cancel Show Incomplete Fields



Ardens CVD Prevention Template & Resources Tab

This template is accessed via the red heart CVD Prevention button on the previous slide:



CVD Prevention

Other Details... Exact date & time Wed 20 Mar 2024 10:21

Changing the consultation date will affect all other data entered. To avoid this, cancel and press the 'Next' button [Hide Warning](#)

Home | Classification | Primary Prevention | Secondary Prevention | Online | Notes | **Resources**

CVD Prevention - Resources

Patient

For further information about cardiovascular disease, please see:
www.nhs.uk/conditions/cardiovascular-disease
<https://patient.info/heart-health/cardiovascular-disease-atheroma>

For the statin patient decision aid, please see:
<https://www.nice.org.uk/guidance/ng238/resources/patient-decision-aid-on-should-i-take-a-statin-pdf-243780159>

To send message, highlight above > Copy with Ctrl+C > Click Send Message > Paste with Ctrl + V

Written information given

Patient decision aid given

Shared decision maki...

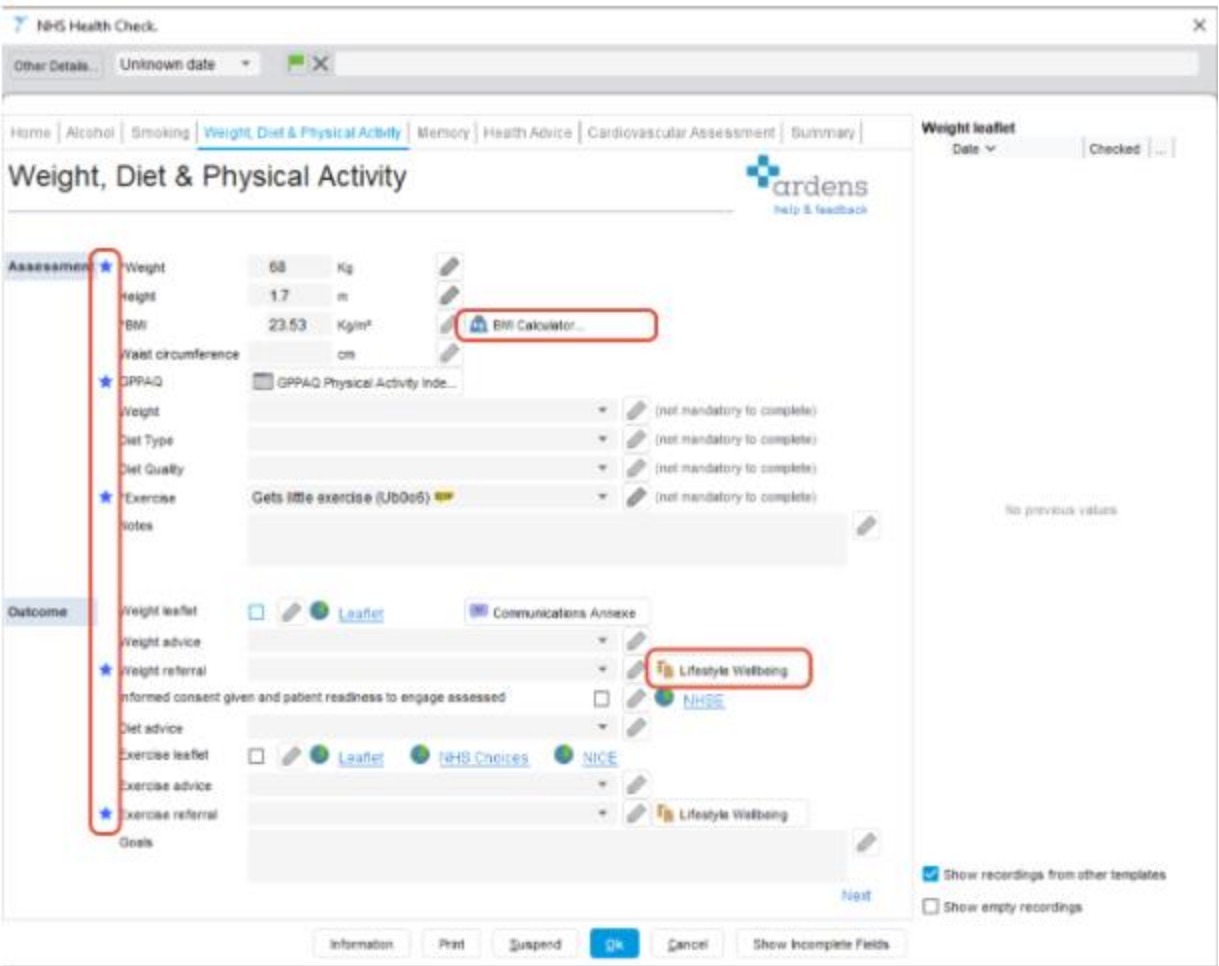
Professional

- AAC NHSE - Lipid Management Pathway
- AAC NHSE - Statin Intolerance Pathway
- Absolute CVD risk/benefit calculator**
- CKS - CVD risk assessment
- CKS - Lipid modification
- NICE ng238
- Patient.info
- QRISK3-lifetime

Show recordings from other templates
 Show empty recordings

Information Print Suspend **Ok** Cancel Show Incomplete Fields





On the bottom right, you will see a Lifestyle Wellbeing option, that when clicked, will open an up-to-date Lifestyle Wellbeing letter*, that can be printed or sent to the patient. Information details services in Norfolk & Waveney that can support patients with improving their lifestyle.

*please communicate to let us know if you feel any other services should be included in this letter.



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For pharmacies completing NHS HCs, the NHS HC template form must be used via the PharmOutcomes platform.

More information on this can be found on the [Community Pharmacy Norfolk website](#).



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Useful Information and NHS HC Resources



Local to Norfolk:

- **NHS HC results cards** (all patients should receive one from their NHS HC), posters and leaflet orders: [Health Information Leaflet Service \(norfolklivingwell.org.uk\)](http://norfolklivingwell.org.uk) or email marketing@norfolk.gov.uk for the NCC NHS HC toolkit (includes posters, display screen digital versions and leaflets)
- **NCC claims portal:** [Claims for NHS health checks, sexual health services and stop smoking services - Norfolk County Council](#)
- **NCC NHS HC website:** [NHS health checks - Norfolk County Council](#)
- **REED website:** [Norfolk NHS Health Checks | Reed Wellbeing](#)



National:

- **National NHS HC Public Information Page:** [NHS Health Check - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- **Applying All Our Health:** [NHS Health Checks: applying All Our Health - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



- **Tier 2 Weight Management Services:** [Help with weight management - Norfolk County Council](#)
- **Ready to Change (support for healthy eating, weight, alcohol & smoking):** [Ready to Change - Norfolk County Council](#)
- **Adult's Health Support Services (dementia, mental health, substance misuse...):** [Adults' health - Norfolk County Council](#)
- **Adult Learning:** [Adult learning - Norfolk County Council](#)
- **Norfolk Directory (search for services):** [Norfolk Community Directory - Norfolk County Council](#)
- **NDPP (Diabetes Prevention):** [Diabetes Prevention Programme In Norfolk \(preventing-diabetes.co.uk\)](#)



Norfolk Useful Information and Resources – Text Templates



- *It has been fed back that having 'text / SMS' options available for signposting information would be useful. We will look to develop these and will be in touch.*
- *In the meantime, please continue to utilise the previous signposting options.*



Thank You

- **Norfolk County Council thank you for your continued support in delivering NHS Health Checks to the Norfolk population.**
- **If you have any questions or queries, do get in touch at: phcontracts@norfolk.gov.uk or Suzanne.wilkin@norfolk.gov.uk**

norse GROUP Improving lives together
Health and Wellbeing Integrated Care System **Reed Wellbeing** **NHS**

Don't hide away!

Stay healthy. Book your free NHS Health Check today.

If you're aged 40 – 74 and have not had an NHS Health Check in the last 5 years book yours today.

www.norfolk.gov.uk/healthcheck

NHS HEALTH CHECK

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

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