



# Welcome Health Check Mentor

Affordable training solution for your  
NHS Health Check workforce



Written by



Supported by



Hosted and designed by



# About Smart Health Solutions

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- ♥ Registered RSPH Centre
- ♥ Established national workforce training provider
- ♥ Proven experience delivering high-quality training across partner agencies and frontline settings
- ♥ Experts in translating complex public health guidance into practical, accessible learning
- ♥ NHS Health Check training at our core



# About HEART UK



## Lowering cholesterol, saving lives

HEART UK is the UK's only cholesterol charity, providing support, information and influencing services for families and health professionals.

## Our vision

To prevent early disease and deaths from cholesterol and other blood fat (lipid) conditions in the UK

## Our mission

For people to know and understand their cholesterol and other blood fat (lipid) levels and take appropriate action



# Services and resources

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## HCP

- ♥ Free e-learning modules (10)
- ♥ Networking Opportunities
- ♥ Webinars
- ♥ Diet and Lifestyle Support
- ♥ Literature
- ♥ Paediatric FH Alliance
- ♥ Early Career Network
- ♥ Annual Scientific Conference
- ♥ Clinically led helpline
- ♥ Scientific Papers
- ♥ Research and Development
- ♥ Guidelines and Pathways
- ♥ Tackling Cholesterol Together – regional events
- ♥ Monthly e-news subscription

## Patients/Public

- ♥ Helpline (clinical and dietetic)
- ♥ Literature (Digital and Hard Copy)
- ♥ Diet and Lifestyle Support including
- ♥ Cholesterol SMART/food swaps/shopping guides and recipes
- ♥ ChangeMakers (advocates)
- ♥ Understanding Cholesterol Together community events
- ♥ Community Support Volunteers
- ♥ Webinars
- ♥ Monthly e-news subscription
- ♥ Myth busting support

# Key activities 2026



- ♥ Rare Disease Day: Late February
- ♥ Modern Service Framework (MSF)
- ♥ FH Activity
- ♥ 39th HEART UK Annual Medical & Scientific Conference 2026
- ♥ Committees
- ♥ Other collaborative groups



# About Eggu

eggu

Award winning digital learning agency, driven by design

Services:

- ♥ Bespoke, interactive elearning
- ♥ Creative animation
- ♥ Powerful video content
- ♥ LMS hosting and management



# Impact

- ♥ More than **4,000** providers trained since 2018
- ♥ Adoption across **20+** local authority areas



# What's included?

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All for one annual subscription



Hosting and programme management



User helpdesk



Ongoing course updates



Monthly user actively reports



Quarterly webinars

# What learners say...

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“The videos showing step-by-step demos were really helpful.”

“The bite-sized format makes it easy to follow and fit around work.”

“Small modules made it easy to come back to when I had the time.”

“It offers clear guidance on how to engage clients - my confidence has increased in delivering an effective check.”

“The mix of videos, images and case studies kept the learning engaging.”



# What learners say...



**98%** Of users would recommend Health Check Mentor

Learner ratings (out of 5):



# What does it look like now?

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- ♥ Reviewed and updated content in line with national guidance
- ♥ Recommended and implemented course improvements
- ♥ Supported development of the revised course structure
- ♥ Ongoing content updates and refinement



# Course overview

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## 1. What is the NHS Health Check all about? (25 mins)

A friendly, clear introduction to the aims, eligibility and national guidance behind the programme.

## 2. Conditions (60 mins)

Understand the key cardiovascular conditions, including their causes, risks and impacts.

## 3. Conducting an NHS Health Check (1 hr 30 mins)

Step-by-step demos showing exactly how to complete each stage of the check with confidence.

## 4. Calculating and Communicating Risk (35 mins)

Learn how to explain results clearly and support behaviour change using effective motivational conversations.

## 5. Final assessment + certificate



# Demo



# Optional add-ons

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- ♥ Bespoke reports
- ♥ Face to face sessions
- ♥ Dedicated learning platform
- ♥ Additional digital training modules
- ♥ Marketing to providers



# Questions



## NHS Health Check client/patient pathway

You will be exploring the details of how to conduct an NHS Health Check, assess the results and follow-up appropriately in later modules.

Scroll down to introduce the 3 key steps to the NHS Health Check client/patient pathway:

### 1. The check

On meeting the eligibility criteria, a client/patient will attend their NHS Health Check, where you will assess and record the following information:

- Age
- Ethnicity
- Gender
- Family history
- BMI
- Alcohol use
- Smoking status
- Blood pressure (Remember: palpate the pulse before measuring BP)
- Physical activity
- Cholesterol
- Dementia awareness



# Ready to empower your NHS Health Check workforce?

Get in touch for a full demonstration and tailored quotation for your region.

[info@eggu.co.uk](mailto:info@eggu.co.uk)

