

NHS Health Check Pathway for Community Pharmacy in Burmantofts, Harehills and Richmond Hill and Chapeltown Primary Care Network

A new pathway into the NHS Health Check Programme has been launched for Community Pharmacies within the Burmantofts, Harehills and Richmond Hill Primary Care Network (BHR PCN) and Chapeltown PCN footprint in Leeds.

It is recognised that community pharmacies are uniquely positioned at the heart of local communities, offering accessible, person-centred care to diverse populations. With their trusted relationships and frequent touchpoints, they play a vital role in improving health outcomes and reducing inequalities. This pathway aims to utilise this position and work together within the neighbourhood to:

- Increase uptake of NHS Health Checks for eligible patients.
- Support prevention and early intervention for cardiovascular disease.

Community Pharmacy teams are asked to signpost patients meeting eligibility criteria to the NHS Health Check Programme by providing the patient with an information leaflet and encouraging them to arrange an NHS Health Check.

As part of this collaboration between community pharmacy, BHR PCNs Population Health Management team and Chapeltown PCN team will work with patients to increase awareness of the [Pharmacy First](#) service and the [Pharmacy Contraception Service](#) which supports availability of oral contraception and [emergency contraception](#) through community pharmacies.

Service Details: NHS Health Check Programme

The NHS Health Check is a national prevention programme designed to identify people at risk of developing cardiovascular disease (CVD) and related long-term conditions, such as diabetes, kidney disease, and stroke. It plays a vital role in early detection, supporting healthier lifestyle choices, and reducing the burden of preventable illness across the population and healthcare system.

All GP practices in Leeds are contracted to deliver NHS Health Checks to eligible patients within their registered populations. In addition to general practice, NHS Health Checks may also be provided in community settings in initiatives such as this one helping to improve accessibility and reduce health inequalities.

The programme targets adults aged 40 to 74 years who do not already have an existing cardiovascular condition. Eligible individuals are invited once every five years to attend an NHS Health Check. During the appointment, information is collected on family history, smoking, alcohol use, and physical activity levels. Key measurements are also taken, including height, weight, BMI, blood pressure, and pulse. Blood tests are performed for cholesterol, and in some cases HbA1c testing is included to assess diabetes risk.

Using this information, a cardiovascular risk assessment is completed, using the QRISK tool. Patients are then given personalised advice on lifestyle changes that can lower their risk, such as improvements in diet, physical activity, or smoking cessation. Where clinically appropriate, patients may require further investigation or for consideration of medication such as statins. In other cases, signposting to local services, such as weight management, social prescribers or alcohol support programmes, or national programmes such as the National Diabetes Prevention Programme may be more appropriate.

By increasing uptake, the NHS Health Check programme aims to detect more people at an earlier stage of CVD, prevent avoidable ill-health, and support healthier communities. It is also central to tackling health inequalities by offering services in accessible settings and proactively engaging under-served populations.

Community Pharmacy NHS Health Check Signposting Pathway

Step 1: Identify Eligible Patient

It is suggested that patients are identified as part of community pharmacy service provision. For example, as part of healthy living advice following a service provision such as New Medicines Service or to support maintaining the Healthy Living Pharmacy status. Patients may also be signposted following a Hypertension Case Finding Service where the BP was normal, but it is felt they would benefit from a broader health check.

Note: the referral criteria and processes within the Hypertension Case Finding Service must be followed, for example where a patient has a high BP.

WHO IS ELIGIBLE FOR AN NHS HEALTH CHECK?

- **Must be registered with a GP Practice within BHR PCN or Chapeltown PCN**

Ashton View Medical Centre	Roundhay Surgery
Bellbrooke Surgery	Shakespeare Medical Practice
Chapeltown Family Surgery	York Street Practice
Conway Medical Centre	Allerton Medical Centre
East Park Medical Centre	St Martins Practice
Harehills Corner	Westfield Medical Centre
Lincoln Green Medical Practice	Woodhouse Medical Practice
Newton Surgery	Chandos Surgery (Woodhouse Medical Centre Branch site)
North Leeds Medical Centre	

Patients registered to a different GP Practice should be encouraged to contact their GP Practice.

- **Adults aged 40-74, and**
- **Not had an NHS Health Check within a five-year period, and**
- **No pre-existing conditions such as:**

Heart disease	Familial Hypercholesterolemia
Chronic Kidney Disease	Stroke
Diabetes	Heart Failure
Hypertension	

EXCLUSION CRITERIA

- **Patients who have had an NHS Health Check within 5-years**
Patients should be advised they are eligible for an NHS Health Check once the 5-year period has passed since their last NHS Health Check. At that point the patient should contact their GP Practice to arrange an appointment.
- **Patient currently being prescribed medicines to lower cholesterol, e.g. statins**
Patients currently prescribed medicines to lower cholesterol (e.g. statins) are not eligible for an NHS Health Check. This is because they're already being treated/managed for cardiovascular risk through their GP practice.

Step 2: Inform Patient of the Offer

Explain to the patient or carer that they are eligible for an NHS Health Check and you recommend they take up the offer through the details found on the patient leaflet where they will be directly contacted to book an appointment.

Explain the benefits of the NHS Health Check:

- The NHS Health Check is designed to help people stay healthy and well. By having an NHS Health Check, people will understand their risk of developing heart disease, stroke, diabetes, kidney disease and certain types of dementia within the next 10-years.
- Get personalised advice on how to reduce their risk and improve their health.
- Be provided with support with lifestyle changes, such as stopping smoking, eating well, being more active, or reducing alcohol intake.

Step 3: Signpost patient

Provide eligible patients with the NHS Health Check leaflet.

Patients should be assured that the contact information on the leaflet, directly links them to healthcare professionals working within local GP Practices.

Patients can book their NHS Health Check in the following ways:

- By scanning the QR code (On the patient leaflet)
- By an email to the team at a generic NHS email address
Leeds.confed@nhs.net
- By calling the Leeds GP Confederation phoneline on 0113 887 3899



Any contact with the Leeds GP Confederation team will result in the patient being contacted within 48 hours.

Once a patient makes contact, the GP practice will book the first available appointment using the patient's preferred method. We advise that patients should receive their NHS Health Check appointment within three weeks of initial contact with the Leeds GP Confederation.

To order additional leaflets, please email leeds.confed@nhs.net. A member of the Leeds GP Confederation team will arrange delivery to your pharmacy.

For any queries, please contact the NHS Health Check contract management team at leeds.confed@nhs.net, quoting "NHS HC Pharmacy Pathway" in the subject line, and a member of the team will get back to you.