

Keep Well Service

Helping you Improve your Health and Wellbeing

About the Service

Keep Well is a community-based, nurse-led service that provides health assessments, advice and support to help improve health and wellbeing and reduce the risk of future health problems.

We offer free one-to-one health assessments for adults aged 18 and over.

Your Health Assessment

During your appointment, we can check:

- Blood pressure
- Cholesterol
- Weight
- Diabetes risk
- Heart health
- Mental wellbeing
- Men's and women's health
- Healthy living

You can also talk about any concerns you may have about your health.

How We Can Support You

Following your assessment, we can help you to:

- Eat more healthily
- Manage your weight
- Become more physically active
- Stop smoking
- Manage stress
- Address work-related health issues

If needed, we can also refer you to other local services for additional support.

Make an Appointment

Keep Well health assessments are available at venues across Forth Valley for people aged 18 and over.

Phone: **01786 434044**

For more information visit: [**nhsforthvalley.com/keep-well-service**](https://nhsforthvalley.com/keep-well-service)

We are happy to consider requests for this publication in other languages or formats such as large print. Please contact us at:

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