

Health & Wellbeing

Caring for our staff who care for our patients



Wellbeing MOT

This is a free service that offers one-to-one sessions with Professional Advisors to help identify steps that you as an individual can take to facilitate changes you want to make.

The MOT sessions take about 30 to 50 minutes and include the following:

- Weight and Body Mass Index
- Cholesterol test
- Blood pressure
- Lifestyle Advice
- Mental Health Awareness
- Cancer Awareness and advice
- Discussion with a qualified advisor on your results and general healthcare

To be eligible for a Health Check you need to:

- NOT already being treated by your GP for heart disease, diabetes, stroke or kidney disease
- Aged 40-75 years old

To book an appointment, please contact bethany.sidey@nhs.net



Brighton & Hove
City Council