



Her-Place

Charitable Trust

Self Health Check

Name

Date

Supporting you to live healthier and access community health services, by inviting local organisations and health professionals to give advice.

Healthy living	Question	Agree / Disagree
Sexual health	I have had a recent STI check and smear check.	
Healthy teeth	I have visited a dentist in the last year.	
Healthy body	I have healthy skin and have a personal care routine.	
Healthy weight	I am a healthy weight and have regular exercise.	
Healthy eating	I eat a balanced diet and eat regular meals.	
Healthy eyes	I have visited an optician in the last year.	
Contraception	I have long-term contraception, protection from pregnancy.	
General health	I am registered with a GP and have seen them in the last few months.	