

# Health discussions for 40-year-olds in Skåne!



1177



# Health discussions for 40-year-olds in Skåne!



1177





# Attend a health discussion at your healthcare centre

**Your health is important. By exercising regularly, eating healthily, avoiding tobacco and being careful with your alcohol consumption, you can reduce your risk of cardiovascular disease. Accept your invitation to a health discussion!**

## For those turning 40

- The health discussion is free of charge and takes about an hour.
- The health discussion can be useful regardless of whether you feel completely healthy or have an illness.
- During the discussion, you will be offered advice and support that is tailored to your own situation. Small changes can make a big difference.
- You can choose to take part in the health discussion in person or by a video call.

## How it works

1. Your healthcare centre will call you to make an appointment at a time that suits you. Log in to 1177 to make sure your registered phone number is correct.
2. Once you have accepted the invitation, you will be asked questions about your health via a personal message when you log in to 1177.se.
3. You will take a blood test at the healthcare centre at least one week before your health discussion.

4. The discussion will be led by a person with the appropriate training. While there, your blood pressure, weight, height and waist circumference will also be measured. You will be given a personalised health chart to take home with you.
5. You decide whether you would like advice and support for making changes to your lifestyle.

By participating in the health discussion, you can also contribute to public health research by participating in a research project. More information about the research project is provided with the questions for your health discussion.

Scan the QR code for more information about the health discussion on 1177.se.



*Your personal data from the health discussion will be registered in Region Skåne's quality register for health discussions. How the data in the register is used is regulated by the Patient Data Act (PDL), Chapter 7. You can access the information that exists about you. You can refuse consent for your personal data to be registered, and you can also request that any data that already exists be deleted. Region Skåne is responsible for the personal data.*

*If you would like to find out more, please talk to your healthcare provider. More information about national quality registers is available on 1177.se*

# Attend a health discussion at your healthcare centre

**Your health is important. By exercising regularly, eating healthily, avoiding tobacco and being careful with your alcohol consumption, you can reduce your risk of cardiovascular disease. Accept your invitation to a health discussion!**

## For those turning 40

- The health discussion is free of charge and takes about an hour.
- The health discussion can be useful regardless of whether you feel completely healthy or have an illness.
- During the discussion, you will be offered advice and support that is tailored to your own situation. Small changes can make a big difference.
- You can choose to take part in the health discussion in person or by a video call.

## How it works

1. Your healthcare centre will call you to make an appointment at a time that suits you. Log in to 1177 to make sure your registered phone number is correct.
2. Once you have accepted the invitation, you will be asked questions about your health via a personal message when you log in to 1177.se.
3. You will take a blood test at the healthcare centre at least one week before your health discussion.

4. The discussion will be led by a person with the appropriate training. While there, your blood pressure, weight, height and waist circumference will also be measured. You will be given a personalised health chart to take home with you.
5. You decide whether you would like advice and support for making changes to your lifestyle.

By participating in the health discussion, you can also contribute to public health research by participating in a research project. More information about the research project is provided with the questions for your health discussion.

Scan the QR code for more information about the health discussion on 1177.se.



*Your personal data from the health discussion will be registered in Region Skåne's quality register for health discussions. How the data in the register is used is regulated by the Patient Data Act (PDL), Chapter 7. You can access the information that exists about you. You can refuse consent for your personal data to be registered, and you can also request that any data that already exists be deleted. Region Skåne is responsible for the personal data.*

*If you would like to find out more, please talk to your healthcare provider. More information about national quality registers is available on 1177.se*