

# Patient declaration and consent

I consent to having the following measured as part of the MedicX Pharmacy blood pressure measurement service:

- blood pressure
- waist circumference
- body fat percentage
- weight
- height

I consent to being asked questions to gather information about my personal details, medical and family history and my lifestyle.

I consent to the information gathered and generated by this service being assessed and stored in both hard copy and on computer for the purposes of this service.

I consent where necessary to MedicX Pharmacy contacting me on the telephone number I have provided for purposes associated with this service.

I declare that the information provided by me for the purposes of this service is accurate, true and complete and that there is no reason that I cannot participate in this service.

Print name:

Print address:

Dr's name and Surgery:

Signed:

Dated:



MedicX Pharmacy will not disclose your details or any other personal information obtained through this service with any third parties and will treat your information with care.

# Blood pressure services

## How healthy are you right now?

## One in three

**It is estimated that one in three adults in the UK have high blood pressure. Unfortunately, most of the time high blood pressure does not have any obvious symptoms to let you know you are suffering from it.**

For most of these people there is no identifiable cause for their high blood pressure. It is thought in these cases to be related to lifestyle amongst other factors.

There is only one way to find out if you have high blood pressure. A simple measurement in our pharmacy can give you the answer you need.

## How healthy are you right now?

We can measure your blood pressure accurately in our pharmacy during a short and painless consultation. We offer this as a free service to help you answer this question.

After giving your consent we will invite you to our private consultation area and our pharmacy team will ask you questions about your medical and family history and about your lifestyle.

We will then measure your blood pressure using the most up-to-date technology.

It should take approximately 15 minutes from when you sit down.

Our pharmacist can then provide you with specific guidance and advice helping you to answer the next question you might ask...

## How can you improve your health?

We can provide you with an easy to understand written record of your results that you can discuss with our pharmacist in confidence.

We can tell you where you can get the right kind of help to improve your health and if there is anything you can do yourself to instantly start making a difference.

## One step at a time

It's never easy to make a change but your health is worth it. We will ensure that our advice is realistic and that you take small steps to becoming healthier as well as supporting you with any bigger steps you may need to take.

If you think that you need help answering these questions please ask a member of our pharmacy team.

You will need to complete and sign the form on the next page and then we can start to improve your health...

