

Patient declaration and consent

I consent to providing information and answering questions about my lifestyle and behaviour as part of the MedicX Pharmacy healthy lifestyle assessment.

I consent to being asked questions specifically regarding the following areas of my lifestyle:

food
exercise
sleep
stress
medicines use

drink
weight
smoking
sexual health

I consent to the information gathered and generated by this assessment 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 assessment.

I declare that the information provided by me for the purposes of this assessment is accurate, true and complete, that there is no reason that I cannot participate in this service and that I am over 16 years of age.

Print name:

Print address:

Dr's name and Surgery:

Signed:

Dated:

Health promotion services

How healthy are you right now?

14 years...

It's important to look after your health, and not understanding what is good for you can be a common reason to ignore it. It has recently been suggested that taking simple steps to being healthier can add up to 14 years to your life.

No one knows more about your health than you

We are all overloaded with information and advice about our health on a daily basis which more often than not confuses the issue. There seems to be conflicting messages in the media about what is healthy.

While healthcare professionals can help you understand the situation, only you know how you feel and how you behave. No one else does, so remember you're in control.

How healthy are you right now?

We can assess how healthy your lifestyle is in our pharmacy using a short questionnaire. We offer this as a free service to help you answer this question.

Here are a few sample questions...

- **how many hours sleep do you usually have per night?**
- **do you often feel frustrated or anxious?**
- **how do you normally cook your food?**

The assessment covers the following areas of your life:

food
exercise
sleep
stress
medicines use

drink
weight
smoking
sexual health

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

We will measure your height, weight and waist circumference.

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

Our pharmacist can then provide you with specific guidance and advice regarding your lifestyle, 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...

