

## **Welcome to a health chat**

### **We care about your health!**

You are turning 50, 60 or 70 this year, and we are therefore inviting you to a health chat at your medical care centre. The chat will also include tests (blood pressure, blood sugar, lipids) and, if needed, support to help you change your lifestyle.

Healthy lifestyle choices can reduce your risk of cardiovascular disease, type 2 diabetes, cancer and mental health problems.

### **Digitally or in person**

Your health chat can be held digitally or as an in-person meeting at the medical care centre. An interpreter can be booked if you need one.

### **Make an appointment**

Make your appointment by phone: 073-561 69 82. Cost: SEK 230.

Visit our website for more information: [www.narhalsan.se/hittahalsan](http://www.narhalsan.se/hittahalsan)

