NHS Health Check - Audit C Resources

[A useful print out relating to Audit C](https://bhcic.co.uk/wp-content/uploads/2019/11/r-AUDIT-C-1-page.pdf)  
[Useful Websites](https://bhcic.co.uk/wp-content/uploads/2019/11/s-Useful-Websites-V3-20191004.rtf)

**Alcohol**[www.drinkaware.co.uk/for-professionals/](https://www.drinkaware.co.uk/professionals#health)  
[www.e-lfh.org.uk/programmes/alcohol](http://www.e-lfh.org.uk/programmes/alcohol/)  
[www.alcoholconcern.org.uk/unit-calculator?gclid=CImZu\_3KodICFecK0wodYqcLeQ](https://www.alcoholconcern.org.uk/unit-calculator?gclid=CImZu_3KodICFecK0wodYqcLeQ)

**British Hypertension Society**Validated BP monitors and patient info for ABPM & HBPM  
[www.bihsoc.org](http://www.bihsoc.org/)

**Blood Pressure Association** – useful for patient info and blood pressure week  
[www.bloodpressureuk.org/Home](http://www.bloodpressureuk.org/Home)

**Charities:**[www.heartuk.org.uk](http://heartuk.org.uk/) (great for cholesterol)  
[www.bhf.org.uk](http://www.bhf.org.uk/)  
[www.diabetes.org.uk](http://www.diabetes.org.uk/)

**CVD Risk Calculators**[www.nhs.uk/conditions/nhs-health-check/pages/check-your-heart-age-tool.aspx](https://www.nhs.uk/conditions/nhs-health-check/pages/check-your-heart-age-tool.aspx)  
[www.jbs3risk.com/pages/risk\_calculator.htm](http://www.jbs3risk.com/pages/risk_calculator.htm)

**Dementia Leaflet**[www.healthcheck.nhs.uk/commissioners\_and\_providers/training/dementia\_training](http://www.healthcheck.nhs.uk/commissioners_and_providers/training/dementia_training/)  
[www.healthcheck.nhs.uk/commissioners\_and\_providers/marketing/dementia\_resources](http://www.healthcheck.nhs.uk/commissioners_and_providers/marketing/dementia_resources/)

**NHS Health Checks –**template letters, posters and data & statistics  
[www.healthcheck.nhs.uk](http://www.healthcheck.nhs.uk/)

**Free e-Learning**[www.e-lfh.org.uk/programmes/all-our-health](https://www.e-lfh.org.uk/programmes/all-our-health/)

**Useful**[www.nhs.uk/oneyou/hay](https://www.nhs.uk/oneyou/hay)  
[www.nhs.uk/change4life-beta/be-food-smart](https://www.nhs.uk/change4life-beta/be-food-smart#ALIjqsG44B4UlOXh.97)

**Computerized Brain Games**[www.stayingsharp.aarp.org/about/brain-health/games](https://stayingsharp.aarp.org/about/brain-health/games/)  
[www.lumosity.com](http://www.lumosity.com/)  
[www.brainHQ.com](http://www.brainhq.com/)