Targeted Lung Health Checks
– all you need to know

A lung health check is like an MOT for your lungs. It finds out how well your lungs are working and can help rule out any serious conditions.

If you are aged between 55 and 74 years old and have ever smoked, ask for a free NHS lung health check to make sure everything is okay.

This helps us detect issues early, which is an important part of successful treatment if any is needed.

How the checks work

When we arrive in your area, we will send you a text asking if you have smoked 100 or more cigarettes. If you answer 'yes', we will offer you a 10-minute phone call, followed by a face-to-face appointment in your area if needed.

We may offer you a quick scan at your appointment – it takes less than two minutes and is completely painless.

After your check

We will send you any results from your appointment within four weeks. Your GP will also receive a copy, so they will know you have had your check.

If you need anything further, we will arrange this for you.

I feel fine – *do I need a check?*

It is important to attend even if you are fit and healthy. It can take a long time for lung conditions to show any symptoms at all.

Further information

Email **lunghealthcheck@ouh.nhs.uk** to find out when we'll be in your area.

To find out more, please visit **www.ouh.nhs.uk/tlhc**