

Health checks in your 40s

A checklist for a conversation with your clinician

Use this guide to agree which checks are useful for you. Your symptoms, family history, medicines and previous results shape the plan.

START WITH YOUR CARDIOVASCULAR AND METABOLIC RISK

☐ **Blood pressure and cardiovascular risk**

Review blood pressure, weight or waist, smoking, activity and family history. Ask what your overall risk means for prevention. [1, 2]

☐ **Cholesterol profile**

Discuss total, HDL, non-HDL and LDL cholesterol, plus triglycerides. Interpret the results alongside your overall cardiovascular risk. [2]

☐ **HbA1c or blood glucose, according to risk**

Discuss diabetes testing based on your risk factors, including weight, ethnicity, family history and existing conditions. [3]

CHOOSE ADDITIONAL TESTS FOR A CLEAR REASON

☐ **Full blood count**

May help investigate symptoms or suspected anaemia. Choose it with your clinician according to the clinical question. [4]

☐ **Kidney and liver tests**

Discuss these for relevant conditions, medicines or previous findings. Kidney assessment may also include a urine albumin test. [2, 4, 5]

☐ **Thyroid and nutrient tests**

Consider thyroid tests when symptoms suggest a thyroid condition. Discuss iron, B12 or other tests where your history suggests a need. [4, 6]

☐ **Testosterone**

Discuss persistent symptoms such as reduced libido. Testing uses a morning fasting sample; a low result usually needs confirmation on another day. [7]

☐ **Additional lipid markers: Lp(a) and ApoB**

Ask whether these would refine your risk assessment. Lp(a) is particularly relevant to a family history of early cardiovascular disease; ApoB has selected specialist uses. [8]

The NHS starting point

In England, eligible adults aged 40-74 are offered an NHS Health Check every five years. Agree any extra tests and repeat intervals with your clinician. [1]

Heart scans & next steps

Start with your overall risk. Ask whether a scan could change your prevention plan.

Coronary calcium scan

A CT scan without contrast dye that measures calcified plaque. It can help refine a prevention decision in selected people. Soft plaque can be present with a score of zero, especially in younger adults. [9, 11]

CT coronary angiography

A CT scan with contrast dye that shows the coronary arteries in more detail. NICE recommends it in the assessment of suspected angina. A clinician weighs the benefits, radiation and contrast risks. [10, 12]

Scan decisions should be individual. Screening can produce false alarms, missed disease and findings that need further investigation. Symptoms need medical assessment. [9, 13]

MY ROUTINE: RANDOX EVERYMAN

“I do this Radox test twice a year. I would highly recommend it. I don’t get any money from them.”

Shahzad Ali • Personal experience. Your testing schedule should follow your own clinical needs.

[View the Everyman package](#)

[View Radox’s public example report](#)

TAKE THESE THREE QUESTIONS TO YOUR APPOINTMENT

- ☐ Which results would change my prevention or treatment plan?
- ☐ Who will interpret the results and arrange any follow-up?
- ☐ When should I repeat each test, and what change would bring that forward?

SOURCES / LINKED TITLES

1. NHS Health Check

Reviewed 2023-08-14

2. NICE: cardiovascular risk (NG238)

Published 2023-12-14

3. NICE: diabetes prevention (PH38)

Risk and testing recommendations: 2012

4. NHS: blood tests

Reviewed 2023-11-02

5. NICE: kidney disease (NG203)

Testing recommendations: 2021

6. NICE: thyroid disease (NG145)

Updated 2023-10-12

7. UK testosterone position statement

Society for Endocrinology / ACB, 2023

8. UK lipid testing statement

HEART UK / Laboratory Medicine, 2025

9. ESC/EAS: cardiovascular prevention

Dyslipidaemia guideline update, 2025

10. NICE: chest pain (CG95)

Updated 2016-11-30

11. NICE: calcium-score limitations

Guideline evidence note, 2016

12. NHS: cardiac CT patient information

Royal Cornwall Hospitals

13. UK NSC: commercial screening

Published 2023-11-21

14. Radox Everyman

Official package and current inclusions

General education. Choose tests and follow-up with a qualified clinician.