**Hello!**

# Welcome to your health dialogue

You can do a lot for your health. With a healthy lifestyle, you can reduce the risk of heart attack, stroke, cancer, and diabetes. Whether you feel completely well or have an illness, the health dialogue can be beneficial. You will be offered support and advice on how to improve your health, in order for you to feel as well as possible.

## Health dialogues for people aged 50–59 years at your healthcare centre

Finding the motivation and time for a healthy lifestyle can feel challenging. Therefore, you are offered a health dialogue, along with blood tests and body measurements, at your healthcare centre. The health dialogue is based on you and your background, as well as your current habits. You will be offered advice and support which is tailored to your specific living situation.

The health dialogue is free and takes about an hour. Your test results and measurements, together with answers to the questions about your health, form the basis of the health dialogue.

*Turn the page to read about how the health dialogue will take place*

**Here is how it will take place:**

1. We will call you on ……………………………………………..

During the phone call, you will get more information about the health dialogue and be able to ask questions. If you agree to the health dialogue, we will book an appointment. If we are unable to reach you, we will try to call again.

 Are you not available for a call on the booked date? Please call ……....

*Do you have difficulties with the Swedish language? Feel free to have a Swedish speaker with you during the phone call!*

1. Before the health dialogue, you will be asked to answer questions about your health and lifestyle habits.
2. You need to complete a blood test no later than one week before your health dialogue. The blood test should be taken when you are fasting.
3. During the health dialogue, you will meet specially trained healthcare professionals at your healthcare centre. During the visit, your blood pressure, weight, height, and waist circumference will be measured, and you will have a discussion about your health and lifestyle habits.
4. You choose whether you wish to receive advice and support to make lifestyle changes.

Welcome!