

NHS Mid-life LifeCheck

The Foundation was delighted to be approached by the Department of Health to get involved in the launch of their Mid-life LifeCheck programme. This was in recognition of the work of the practical Mid-life Projects and also in our experience and expertise in working with the mid-life age group.

The LifeCheck is an online tool for people aged 45+ which will enable them to take a healthy lifestyle risk assessment questionnaire, have personalised results, select an area for behaviour change and write a plan for individual change.

Subsequently the Foundation was awarded a contract to act as a key stakeholder advising on the roll out and take up of the Mid-life LifeChecks. We have also brought together a group of local people to form a reference group to give feedback on the design of the tool.

The Reference Group has met a couple of times now and their feedback has been valued by the Department of Health and the web designers; changes have been made to the design in response to their feedback. Our Reference Group members are happy to be part of such a significant national programme.