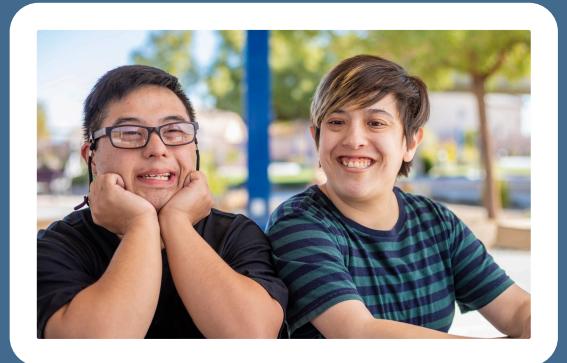# Your health is important

Better health care for people with intellectual disability

What helps you stay well?

Yearly health checks

- Visit your doctor every year for a health check.
- You should get a health check even if you feel well.
- You can book longer appointments to talk to your doctor about your health.

'Easy read' health fact sheets

The Council for Intellectual Disability has made fact sheets to help you stay healthy.

Scan this code with your smart device.

My Health Matters folder

Print out an 'easy read' folder, fill it in, and take it with you to your appointments.

Scan this code with your smart device.

You have a right to access health services and have good health care.