

1. Attend your Check and Test Appointment

Face-to-face

Your yearly checks and tests - all done in one go with a healthcare professional.

2. Receive your test results and your Care Plan

By letter, text message or email

After your first appointment, we will send your test results and Care Plan to you.

This will help you prepare for your next appointment.

3. Attend your Discussion Appointment

Face-to-face, phone or video

You will have a longer meeting to talk about your test results, treatment and goals with a healthcare professional.

4. Attend your Follow-Up Appointment

Face-to-face, phone or video

Review your treatment and goals with a healthcare professional.