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Dear Patient,

As a young adult you should be in charge of your own health care, we would like to make sure that the mobile number and email we have on your record are your own. You should also have at least one next of kin or emergency contact on record with a telephone number for emergencies.

It would also be beneficial to get some health metrics from you.

A urine sample can be used for to check for multiple health conditions (including diabetes, kidney health and sexual health). You can come in and collect a free sample bottle from the surgery or get one from a pharmacy. The following link contains more information on how to collect a sample: <https://www.nhs.uk/common-health-questions/infections/how-should-i-collect-and-store-a-urine-sample/>

If you could send these other health metrics via email (swlccg.fairview@nhs.net) along with any changes to your contact details and next of kin:

- Your height and weight.
- Your blood pressure if you have access to a blood pressure machine.
- Your smoking status and approximate weekly alcohol usage (in units).

Kind regards,

Fairview Medical Centre