



Fiona is a 45-year-old woman residing in London. Fiona visits her local pharmacy to inquire about the NHS Health Check service. The pharmacist welcomes Fiona and explains the process of the health check, ensuring confidentiality and professionalism.

The pharmacist asks Fiona questions about her lifestyle and family medical history to assess her risk factors. Fiona reveals that she has a family history of diabetes, with both parents diagnosed with type 2 diabetes. Fiona admits to a sedentary lifestyle due to her office job, with minimal exercise beyond daily activities. Fiona mentions her diet includes a lot of processed foods and sugary snacks due to time constraints. Fiona also talks about how she experiences infrequent migraines.

Fiona's BMI is calculated based on her height and weight, showing a BMI of 31, indicating overweight status. The pharmacist measures Fiona's blood pressure and glucose levels using appropriate medical devices. Fiona's blood pressure reading is within normal range (120/80 mmHg). Fiona's cholesterol level is measured, showing elevated levels (7.3 mmol/L).

Considering Fiona's lifestyle factors, family history, elevated BMI, and random blood glucose level, the pharmacist concludes that Fiona is at risk of developing type 2 diabetes. The pharmacist explains the findings to Fiona, highlighting the importance of further assessment by her GP. Fiona leaves the pharmacy with information about her risk factors, a referral to her GP for a HbA1c Test, and signposting to the NHS Weight Loss Plan.