Be
Healthy
Bucks

Ready

for a healthy change, but not sure how?

Be Healthy Bucks is a free health and wellbeing service to help you look after your health.

By making some simple changes, you can start feeling the benefits of a healthier life today.

Buckinghamshire Council

NHS

maximus

We can help you to:

Stop smoking	Be a healthier weight	Have an NHS Health Check	Cut down on alcohol

Our health and wellbeing experts have already helped thousands of people like you make positive changes and healthy habits for life.

You are more likely to do well with our help.

Find out more about our free health and wellbeing support in just 5 minutes:

bhb.maximusuk.co.uk

or call us

01296 322738