



Medical form information sheet

Avoid the common mistakes on the medical form:

- Don't forget to complete the Declaration page correctly on page 7:
 - there are three places to select the correct choice ("I do" or "I do not")
 - you must also sign and date the Declaration
 - If you say "yes" to any of the medical condition questions, please provide full details (e.g. dates of illness, duration, frequency, treatment undergone and future follow ups)
- Ensure your form is fully completed, go back and check for missing Information.
- To omit information or give misleading information during the medical process may result in your elimination from the recruitment process.
- Please notify us immediately if any of your personal or medical details have changed or are likely to change.
- Check your BMI - use the NHS calculator at www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx
- Remember that you will be measured and weighed when you attend for your medical appointment, so be honest when you use the BMI calculator!
- Remember: Being a police officer is a physically and mentally demanding role, and under the Code of Ethics you are required to demonstrate the professional standard of Fitness for Work at all times.
- For more information on healthy living, you can visit websites such as www.patient.co.uk/wellbeing or contact your GP for individual health guidance.