If test results or appointments are related to any of the below, you can ignore them and answer 'no' to this question.

Skin & Minor Infections

- Acne, blackheads, dandruff, eczema, psoriasis, minor rashes or skin complaints
- Athlete's foot, warts, verruca, boil, ingrown hairs or nails, cold sores
- Minor bites, stings, abrasions, cuts, bruises, or blisters
- Conditions like rosacea, thrush, or sunburn
- Skin tags, keloid scars, chickenpox, shingles or cosmetic skin treatments with full recovery

ENT, Colds/Flus & Travel Sickness

- Hay fever, allergic rhinitis, blocked sinuses, or nasal congestion
- Cold, flu, sore throat, a single chest infection or bronchitis that are now resolved
- Tonsillitis, ear wax, minor ear or throat infections (fully recovered)
- Minor hearing changes corrected with aids
- Travel-related sickness (e.g. air or car sickness), jet lag

Vision & Hearing

- Routine opticians' appointments, eye tests or glasses
- Short/long sightedness, laser eye surgery, or contact lens use
- Hearing tests or ear wax removal
- Minor vision changes corrected with glasses/contact lenses

Dental & Oral

- Dental checkups, tooth removal, mouth ulcers, or cold sores
- Halitosis (bad breath) or bleeding gums

Reproductive Health

- Period pain or heavy periods (no underlying cause)
- Birth control advice or contraception (e.g., coil, pill, injections)
- Routine smear tests (no further investigations)
- Pregnancy or post-natal checkups (with no current complications)
- Menopause or HRT
- Past miscarriage (with no ongoing treatment)
- Infertility investigations or treatment (e.g., IVF, hormone testing)
- Vasectomy or sterilisation (including reversal), routine family planning

Minor Injuries & Musculoskeletal

- Minor sprains, strains, repetitive strain injury (RSI), pulled muscles
- Bone fractures from accidents or sports – now fully recovered
- Past joint dislocations or replacements – fully recovered
- Carpal tunnel, bunions, or Morton's neuroma (if no ongoing treatment)

Vaccinations, Allergies & Routine Health

- Travel vaccines, flu jabs, tetanus shots, or hepatitis vaccines
- Minor allergies (e.g., dust, pets, pollen, foods – with no serious symptoms)
- Routine NHS health checks or optician visits
- Blood donation or gum shield fitting

Other Minor or Resolved Conditions

- Appendicitis, gallbladder removal, or hernia (with full recovery)
- Indigestion, food poisoning, diarrhoea or flatulence (now resolved)
- Cosmetic surgery with no complications
- Dyslexia / Dyspraxia
- Sleepwalking