

What will the Health Check

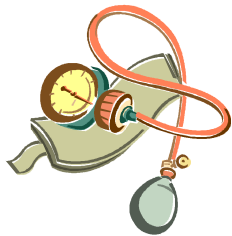
Cost?

The cost of the Health Check is free* but depending on your GP Clinic either of the bottom two scenarios could apply:

- You will be bulk billed and there will be no cost for the service as it is covered by Medicare; or
- The cost of the Health Check will be charged at what your GP Clinic charges for a “long consultation” of which \$100 can be claimed back from Medicare.

**The health check is free but any subsequent visits or reviews would be charged at the normal rate.*

For more information on how your GP Clinic charges for a Health Check either ask at the reception desk or talk to your GP.



If you have a risk factor and would like to have a health check, please speak with the Receptionist to make an appointment with a GP.

Also if you have any friends or family members that would be entitled, talk to them about it and encourage them to also visit a GP.

Information for this brochure was provided by The Royal Australian College of General Practitioners

**This brochure was produced by
General Practice Alliance South
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Are you aged between 45 and 49?



***If so please take a few moments
to read this brochure.***

Do you have any of the following 'risk factors' that may increase your chances of developing a disease:

- High Blood Pressure
- High Cholesterol
- Family History of Disease (eg. Cancer)
- Lack of Physical Activity
- Poor Diet
- Smoke
- Carry extra weight

If so...

The Federal Government has recently introduced a new health check.

It is for everyone aged between 45 and 49 who may be at risk of developing a health complaint, like diabetes or heart problems.

The Health Check would involve:

- Updating your medical history and looking at your health issues
- Doing tests (such as blood pressure tests), if required
- Follow up on any problems identified
- Advice and information, for example on how to make lifestyle changes to improve your health



How long will the consultation take?

A consultation with your GP to undertake the health check should only take 30 minutes.

The health check is initiated and completed in one consultation unless further tests are required

Why have the Health Check?

The Commonwealth Department of Health is now recommending that all Australians in your 45 - 49 age group undergo a formal health check to find out if they are at risk of getting a chronic condition and, if they do have any chronic condition, to make sure they are getting the best possible treatment.

Ask your Doctor or Nurse for more details.

The aim of the health check is to help find, prevent or lessen the effect of disease. After all, it is better to avoid disease than to treat it.