



## HEALTH ASSESSMENTS

**You may be eligible for a FREE annual health assessment  
(funded by Medicare)**

### Who is Eligible?

- people aged 45-49 years who are at risk of developing chronic disease
- people aged 40-49 years with a high risk of developing type 2 diabetes
- people aged 75 years and older
- Aboriginal and Torres Strait Islander people aged 55 years and over
- people with an intellectual disability
- former serving members of the ADF

### How will a Health Assessment benefit me?

- **Get an overall view of your health**
- **Receive information on ways to improve your health**
- **Be proactive in maintaining your health and preventing disease**
- **Opportunity to discuss any concerns you may have about your health**
- **Access to support services\* (if eligible)**

### What does it involve?

A health assessment is an in-depth look at all areas of your health and includes asking you questions about your general health, past illness, medications, mobility and social support. A Practice Nurse will also take measurements such as blood pressure, height & weight. Other investigations may also be done on the day if necessary, such as an ECG.

We will then discuss any recommendations with you and give you a copy of your health assessment for your own information

### Am I too healthy for a Health Assessment?

It is still recommended that you have a health check every year. Regular assessments give us the opportunity to identify any early signs of illness or deterioration and keep you in good health.

### How do I book in?

Please speak to your doctor, nurse or our reception team on (02) 9570 7770 to arrange an appointment for your Health Assessment.

