

How much will it cost?

The health check provided is subsidised by the government. A rebate is available from Medicare Australia (there may be an out of pocket charge) Be sure to discuss this with your doctor or receptionist at the practice first.

How often is the health check available?

If you are eligible, you can have the health check completed once between the ages of 45-49 years. If ongoing care is required this will be provided by your doctor during your consultations. A copy of your health check will be kept in your file at the practice.

If you have any further questions regarding the 45-49 year old health check please talk to your doctor

Practice details:

Information in this brochure was obtained from the Department of Health & Ageing and Medicare Australia.

www.health.gov.au

www.medicareaustralia.gov.au



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Health Check For People Aged 45-49

Patient Information Sheet

The Aim:

The 45-49 health check is to help find, prevent or lessen the effect of chronic disease. The health check provides an opportunity to look at your lifestyle, medical and family history to find out if you are “at risk” of developing a chronic disease and then identify actions that you and your Doctor can take to reduce those risks.

Are you eligible?

You are eligible for this health check if you are aged 45-49 years and you have a “risk factor” that increases your chance of developing a chronic disease. Risk factors include:

- ◆ High Blood Pressure
- ◆ Lack of Physical Activity
- ◆ Overweight
- ◆ Poor Diet
- ◆ Smoker
- ◆ High Cholesterol
- ◆ Impaired Glucose Metabolism
- ◆ Family History e.g.; cancer, heart disease, diabetes, arthritis.
- ◆ Alcohol Misuse

Aboriginal & Torres Strait Islander People

Aboriginal and Torres Strait Islander people can access the same health check between the ages of 15-54 years if they meet the patient eligibility requirements.

What Does The Health Check Involve?

The health check includes:

- ◆ Patient information collection including taking your medical history and undertaking any relevant investigations and examinations.
- ◆ An overall assessment of your health, including your readiness to make lifestyle changes.
- ◆ Referrals to other providers if required.
- ◆ Your doctor will provide you with advice and information including strategies to achieve lifestyle and behavioral changes.
- ◆ You must understand what the health check involves and give verbal or written consent for the health check to be undertaken.



Where Can I Get More Information?

You can find out more about the 45-49 year old health check by making an appointment with your regular doctor. You can also log onto www.health.gov.au/internet/main/publishing.nsf/content/health-epc-45check for more details.

Who Else Can Be Involved In The Health Check ?

The Practice Nurses, Aboriginal Health Worker or other health professionals may assist the doctor under supervision in performing the health check.. This may include:

- ◆ Information collection such as measuring height, weight blood pressure and lifestyle risk factors.
- ◆ Providing you with information about recommendations your Doctor has suggested (community resources and support services in your local area and referral options).

A health check at this stage of your life is encouraged to assist you to make necessary lifestyle changes to prevent or delay the onset of chronic disease.

Encourage your friends and family members to visit their doctor for a health check.