



What is a Health Assessment?

The Australian Federal Government supports general practice to offer a once only free health check for people aged between 45 -49 years of age, (also there is 40 to 49 for those who are high risk) who may already have one or more known risk factors to developing a chronic health condition in the future e.g. diabetes or heart disease.

The HEALTH ASSESSMENT will take about 45-60 minutes of your time.

What is the aim of a Health Assessment?

World-wide, the incidence of chronic disease has risen significantly during the past two decades, resulting in a reduction in the quality of life for many due to poor health as well as an increased need to access over burdened health systems, including Australia's.

The aim of the health assessment is to assist with the detection and prevention of chronic disease and enable early intervention strategies to be commenced as appropriate.

What does a Health Assessment include?

The health check will include:

- Updating your medical history with the general practice nurse;
- Organising tests as appropriate, e.g. blood pressure, mammogram (for women) or blood tests;
- Information related to identified risk factors;
- Collaboration re strategies e.g. referral to other health professionals or exercise programs that would assist with improved lifestyle and potential reduced likelihood of future disease.
- Once you have had a Health assessment done it can lead to a Care Plan & Team Care Arrangement which will be the next step to aid you in your Health Management Program.

Telephone our Practice on 8295 3200
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