

How long does it take?

The first part of the Health Check is performed by our Primary Care Nurse. This will be a 30 minute appointment. The follow-up appointment, which can be made for the same day, will be for 30 minutes with your Doctor who will provide you with recommendations, support services or referral options, if necessary.

Appointments

When booking your Health Check please inform the receptionist so the time can be allocated accordingly.



If you have any further questions about the 45-49 year old Health Check please ask our Primary Care Nurse or your Doctor.

More Information can be found at the Department of Health:

www.health.gov.au/internet/main/publishing.nsf/Content/

45-49 Year Old Health Check patient information



45-49 YEAR OLD HEALTH CHECKS @ BUNDOORA FAMILY CLINIC

Aim

The 45-49 Year Old Health Check provides an opportunity to identify, detect and prevent chronic diseases by enabling early intervention strategies focussing on lifestyle, medical and family history.



How much will it cost?

The 45-49 year old Health Check is bulk billed. Patients do not have any out of pocket expenses for this service.

Who is eligible?

The Health Check is only available once for people who have a risk factor which increases their risk of developing a chronic disease.

Risk factors can include:

- High Blood pressure
- Lack of physical activity
- Overweight
- Poor Diet
- Smoker
- High Cholesterol
- Impaired Glucose Metabolism
- Alcohol or substance abuse
- Family History of diseases such as:
Cancer, heart disease, diabetes, arthritis.

What does the Health Check involve?

- Collection of information including taking a medical history, family and social history
- Assessing lifestyle risks
- Work environment and living conditions
- Blood Pressure measure
- Measuring height and weight
- Urinalysis
- Any other tests that are necessary
- Referrals to other providers if required
- Advice and information including: strategies to achieve lifestyle and behavioral changes