

What does the Health Check involve?

The Health Check includes:

- Patient information collection, including taking a 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

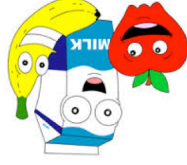
- Advice and information including strategies to achieve lifestyle and behavioral changes



Are you eligible?

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

- High Blood Pressure
- Lack of Physical Exercise
- Overweight
- Poor diet
- Smoker
- High Cholesterol
- Impaired Glucose Tolerance
- Family History of Cancer
- Heart disease
- Diabetes
- Arthritis
- Regular Alcohol use

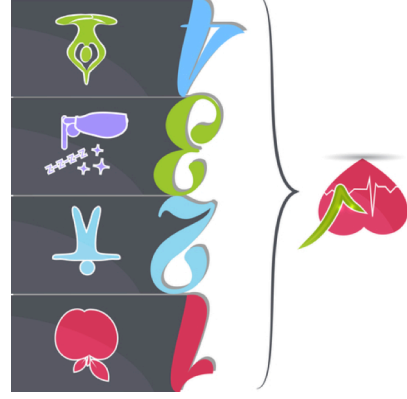


Aim:

The 45 – 49 year old health check is a one off check up aimed at assessing your risk of developing chronic disease in the future.

The Health Check is an opportunity to reflect on your lifestyle, medical and family history and to then assess your risk of developing chronic disease.

You are then able with the help of your doctor and other allied health services, look at ways of reducing that risk.



Don Medical
Clinic



Health Check for
People Aged
45-49

Information Sheet

For more information and to make a booking please call reception at

Don Medical Clinic during business hours on 644 1 5299.

Before this visit you may need a pathology form to have a blood and urine test, so please check with reception staff.

During the test you will have an ECG or heart tracing done.

This visit can take up to an hour so please allow the time to do this.

For more information go to:
www.donmedical.com.au

Appointment Date and Time:

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Please note that the Pathology tests must be done the week prior to your appointment

Medicare covers the cost under specific item numbers, which are designated for these health checks.

medicare

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

Aboriginal and Torres Strait Islanders

Aboriginal and Torres Strait Islanders people can access the same health checks between the ages of 15 and 54 years if they meet the patient eligibility criteria.



Cost ?