

Cost

This Health Assessment appointment is bulk billed with no out of pocket cost to you.

BENEFITS

Should any health concerns arise, referrals can be made to manage and improve your health. It also sets a baseline for health that can be checked against yearly. Referrals may include:

General Practitioner Management Plan

Should any chronic health issues arise as part of this assessment it can lead to a management plan. The purpose of the plan is to manage/improve your health condition with the assistance of allied health referrals

Allied health

Physiotherapy, Exercise Physiologist, Dietician, Optometrist, Audiologist, Psychologist, Podiatrist etc.

WHAT IS IT FOR?

A health assessment for 45-49 year olds involves an in depth assessment to identify potentially preventable health concerns with the view to providing positive changes to improve health and overall quality of life. It involves a 45min consultation with a practice nurse followed up by a 15min review with your doctor. It also provides a good baseline of your health as you age. We recommend at least one health assessment during this stage of your life.

WHAT DOES IT INVOLVE?

A health assessment encompasses two key areas:

- Physical health
- Psychological health

These areas are assessed by:

- Taking a full patient history
- Physical examination
- Discussing investigations, including blood tests
- Discussing medications
- Considering immunisation status
- Determining physical function
- Discussing nutrition
- Discussing your mental health
- Assessing eye and hearing health

Physical examinations can include:

- Cardiac assessment – blood pressure, pulse and rhythm
- Height, weight and BMI
- ECG
- Urine test

