

## What is a Health Assessment?

A Health Assessment is a comprehensive overview of all aspects of your health and wellbeing.

A Health Assessment can initiate extra services and assistance to keep you healthy and safe in your own home.

## Who can have a Health Assessment?

This Health Assessment is a Federal Government initiative especially for persons 75 years of age and over who live at home.

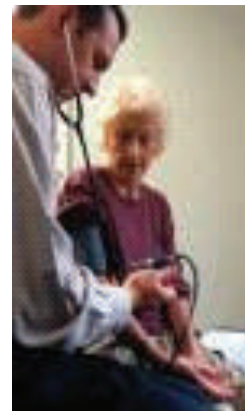
## Are there any costs?

No. Your Health Assessment will be bulk-billed.

## What happens during a Health Assessment?

Your Doctor and Nurse, working together with you may cover the following areas:

- Your recent health;
- A thorough physical examination.
- Medications you take;
- Immunisations;
- Nutrition; exercise; smoking alcohol;
- Mobility;
- Mood, memory and sleep;
- Living arrangements and home safety;
- Social support;
- Other services or health workers you may see.



## Does having a Health Assessment mean there is something wrong with me?

No. A Health Assessment can assist you to maintain good health and to prevent ill health in the future.

It is an opportunity for you to raise any concerns you may have regarding your health and lifestyle and if required, to organize assistance from other health practitioners or community services.



## Where and when is the Health Assessment conducted?

A health assessment can be undertaken either:

- ★ In your home with a visit by our nurse, followed by an appointment with your doctor or;
- ★ Entirely in the Medical Centre.

*You are welcome to have a family member, carer or friend present during the Health Assessment.*

## How long will it take?

A health assessment will usually take about an hour.

## How will I find out the results?

Your Doctor will discuss your Health Assessment with you and give you a written summary.

***If you have any further questions about Health Assessments please ask your Practice Nurse or Doctor***

More information is available at  
[www.health.gov.au](http://www.health.gov.au)  
(and follow the A-Z links to 'C' for Chronic Disease Management Medicare items)  
and at  
[www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au)

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# Your Guide to Having a Health Assessment



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