

HELP LINES ...

Early identification and treatment could help improve health outcomes and increase life expectancy rates for Aboriginal and Torres Strait Islander peoples. The aim of the health assessment is to ensure that Aboriginal and Torres Strait Islander people of all ages receive primary health care matched to their needs, by:

Early detection / diagnosis and treatment / developing of a patient health management plan

Your doctor should explain to you (or your parent / carer), what's involved during the assessment, and ask for pre-signed consent. Patients who self identify as Aboriginal or Torres Strait Islander are eligible for a health assessment every 12 months. Most services will bulk bill your health assessment but you may want to check the general costs of consultation fees with your GP.

If in doubt call:

1300 986 991

WHY GET CHECKED...

You may be eligible for 10 follow up services provided by a Pacific Nurse or Aboriginal Health Worker, and 5 allied health consultations per calendar year.

You may be entitled to a further 5 follow up allied health services if a GP management plan and or team care arrangement is written by your doctor. If your doctor diagnoses that you have or at risk of a chronic disease, you may be eligible to access Close the Gap Scripts (CTG Scripts) under the PBS co-payment measure (with participating doctors) which enables you to get PBS medications at the concession rate or free if you have a concession card.

It is important your usual GP carries out your health assessment. If you have difficulty finding a local GP, please contact the Aboriginal Health Team at CESPHN on 1300-986-991.

Patients may have to go back to the doctor for a follow up visit if the check up or tests show that you may need further care. For the best outcomes you should follow your treatment plan and attend all appointments.

#HEALTHYLIVES

#HEALTHYMINDS

**GET YOUR
HEALTH
ASSESSMENT
NOW & STAY
WELL FOR
YOURSELF &
YOUR FAMILY**

#healthylives in these simple steps

By signing up for a health assessment it is possible to identify and treat problems early on - increasing your chances of living a long and healthy life. The aim of the health assessment is to ensure our mob of all ages receive the health care they need that fit their circumstances. A health assessment can lead to early detection, diagnosis and treatment and the development of a health management plan.

Mob who self identify as Aboriginal or Torres Strait Islander are eligible for a health assessment every twelve months and most services will bulk bill your health assessment - your GP will be able to answer any questions you might have. If you don't have a GP (or are between them) that's ok! The team at our local PHN can point you in the right direction by you calling.

If in doubt call:

1300 986 991
www.babana.org.au

The assessment ...

Don't be afraid of a health assessment it's a straight forward process and all of the information is between you and your GP. It includes:

- Taking your medical history and some exams such as blood pressure
- Includes an overall assessment from the physical to your social well being
- Some screening tests may be done such as blood tests for kidney function or blood sugar levels
- Comes with recommendations and advice from your doctor

When the health assessment is completed, your doctor may develop a care plan. The plan should identify any services needed and any follow up required by you (or your parent / carer). You should be included in the development of the plan and a copy of the health assessment and the plan be made available to you (or parent / carer). The doctor may also suggest referring you to a Care Coordinator or Aboriginal Outreach Worker to help you link you up with services of specialists relevant to your ongoing care needs.

**REMEMBER:
GETTING YOUR YOUR
HEALTH ASSESSMENT DONE
CAN BE LIFE CHANGING**