

SHOAL BAY & ANNA BAY
MEDICAL CENTRES

**WE LOOK FORWARD
TO SEEING YOU AT YOUR
HEALTH CHECK
APPOINTMENT.**

IF ANY HEALTH ISSUES ARE IDENTIFIED, FOLLOW-UP APPOINTMENTS WILL BE MADE AT THE NORMAL CONSULTATION RATE.

PLEASE NOTE THAT THIS APPOINTMENT IS FOR THE HEALTH ASSESSMENT ONLY, THAT IS, NO SCRIPTS OR REFERRALS CAN BE ORGANISED AT THIS TIME.



**SHOAL BAY & ANNA BAY
MEDICAL CENTRES**

5 Government Road
Shoal Bay NSW 2315
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125 Gan Gan Road
Anna Bay NSW 2316
Phone: 4981 2600
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**Are you in the
45-49yr old
Age Group?**

**DID YOU KNOW YOU
CAN HAVE A FREE
HEALTH CHECK!**



RISK FACTORS

DO YOU HAVE ANY OF THE FOLLOWING RISK FACTORS?

- HYPERTENSION
- FAMILY HISTORY OF DISEASE (CANCER, DIABETES, ASTHMA, HEART DISEASE, ARTHRITIS, MENTAL HEALTH MUSCULOSKELETAL CONDITIONS INCLUDING OSTEOPOROSIS)
- INADEQUATE EXERCISE
- RAISED CHOLESTEROL
- SMOKING
- OVERWEIGHT

IF YOU ANSWER YES TO ANY OF THE ABOVE - YOU ARE ELIGIBLE FOR THIS FREE HEALTH CHECK



THIS IS A ONE-OFF HEALTH CHECK THAT CAN BE BULK BILLED.

THE AIM OF THIS HEALTH CHECK IS TO HELP FIND, PREVENT OR LESSEN THE EFFECT OF DISEASE AND TO IDENTIFY HEALTH RISKS.

HOW DOES THIS WORK?

WE WILL SEND YOU A QUESTIONNAIRE WHICH WE ASK YOU TO COMPLETE AND A PATHOLOGY FORM TO HAVE SOME ROUTINE FASTING BLOODS TAKEN BEFORE YOUR APPOINTMENT.

ONCE THE QUESTIONNAIRE IS COMPLETED AND YOUR PATHOLOGY HAS BEEN DONE, CONTACT THE SURGERY TO MAKE AN APPOINTMENT.

THE APPOINTMENT WILL BE WITH OUR SKILLED PRACTICE NURSES ON A DAY WHEN YOUR USUAL DOCTOR IS AVAILABLE.

THE NURSE WILL PERFORM THE INITIAL HEALTH ASSESSMENT, INCLUDING REVIEW OF YOUR BLOOD TEST RESULTS.

THE NURSE WILL ALSO ASSESS:

- LIFESTYLE FOR HEALTH RISKS.
- PERSONALISED ADVICE ON HOW TO REDUCE YOUR RISK.
- PROVIDE YOU WITH PRACTICAL ADVICE TO HELP YOU IMPROVE YOUR HEALTH.
- WILL PUT YOU IN TOUCH WITH EXPERT ADVICE, INFORMATION AND SUPPORT.
- YOU WILL SEE YOUR USUAL DOCTOR AT THE TIME OF ASSESSMENT.