



HEALTH ASSESSMENTS

Your doctor has identified that you may be eligible for a **Medicare subsidised health assessment**

The following people are eligible for Medicare subsidised health assessments;

- People aged 40-49 years of age at risk of developing diabetes (as determined by the Australian Type 2 Diabetes Risk Assessment Tool) – once every three years
- People aged 45-49 years at risk of developing chronic disease – once only
- People aged 75 years and older – annually
- Permanent residents of residential aged care facilities – annually
- People with an intellectual disability – annually
- Refugees and other humanitarian entrants – once only
- Former serving members of the Australia Defence Force – once only
- Aboriginal and Torres Strait Islander People – annually, although can be claimed once every 9 months

Why should I book in for a health assessment?

A health assessment allows us to spend time making an overall assessment of your health. The information gathered during a health assessment allows us to make recommendations to help optimise your overall health and prevent disease. There is usually not enough time in standard appointments to complete this to the same level of detail.

What is involved?

Your file will be reviewed, you will be asked questions regarding your overall health and you will be examined, which may include measurements such as blood pressure and weight. Other investigations may be done on the day, such as an ECG, if indicated. We will then discuss any recommendations with you and give you a copy of your health assessment for your own information.

The length of time taken depends on the complexity of your assessment. A standard health assessment takes around 45 minutes to complete. You will see the nurse first, followed by the doctor.

Who should do my health assessment?

Health assessments are completed by the practice nurse and your usual treating doctor. This is the doctor who has provided the majority of your care over the last 12 months, or who is expected to be providing the majority of your care over the next 12 months. Another doctor in the same practice can also do your health assessment, although it is recommended to see your usual GP if possible.



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What if I have had a health assessment done recently?

If you have been seen at another practice you may have had a health assessment done elsewhere. If you are unsure we can check with Medicare before proceeding with a health assessment. If you have had a health assessment done within the above time frames you will not be eligible for a Medicare rebate.

What will the cost be?

Health assessments are usually bulk billed at Myaree Medical Centre (no out of pocket expense).

Can I also use this appointment to talk about a medical issue?

Medicare does not allow rebates to be paid for both a health assessment and a general medical issue on the same day, except in some exceptional circumstances. Regular scripts can be provided on the same day if due. If you have another matter to discuss please book another appointment on a separate day.

Is a health assessment the same as a GP Management Plan (GPMP)?

No, a GP Management Plan is for management of diagnosed chronic disease/s and is different to a health assessment, which is about preventative health care. You may be eligible for both – please speak to your doctor if you are unsure.

How to I book for a health assessment?

Please speak to our receptionists about booking in for a health assessment, either in person or over the phone. ***You must advise them that you are coming in for a health assessment*** so they can book you in correctly. Please note that ***health assessments cannot be booked online***.

MY HEALTH ASSESSMENT BOOKING

Booking with the practice nurse and Dr _____

On _____ at _____

Please arrive at least **5 minutes prior** to your scheduled appointment time

Please bring your medications (including any over the counter supplements you are taking) so we can confirm that the medications we have recorded on our system are correct. Additionally, if you have any medical records (e.g. non-GP specialist reports, test results etc.) at home that you know we do not have on our system please bring them in so we can add them to your file.

You should also wear/bring any regular visual, hearing or walking aids that you use.