



HEALTH

AT DULWICH

Fully Bulk Billed

45-49 Year-Old Health Check

For People Aged 45-49



45-49 Year-Old Health Check

Prevention is always better than a cure.

The mid-to-late forties age range is a time when the early signs of chronic disease can appear. Arthritis, diabetes, osteoporosis, heart health are some of the potential health issues that can arise. The symptoms may only be mild, and disease only detectable through blood tests or comprehensive screening.

Middle age can be a busy and challenging time in your life. Work pressures and family commitments can leave you with little time to pause and out yourself first.

Therefore, it is completely understandable that one of the most important, if not **the most important** aspects of your life is overlooked – **YOUR HEALTH!**



Now is your time to act

Did you know... early detection, intervention, and treatment (if required) of disease may:

- delay or prevent the onset of chronic disease
- reduce the severity of disease (symptoms and progression), including arthritis, diabetes, osteoporosis, and heart health
- improved future quality of life

Our independent GPs encourage all people aged between 45 – 49 years to:

- Be aware of their current state of health, including risk factors and signs and symptoms of chronic disease.
- Develop and maintain an ongoing professional relationship with a GP who is aware of their medical history.
- **Make an appointment for a fully Bulk Billed Medicare-funded 45-49 Health Check (if eligible, no out of pocket expense).**

Who should have a 45-49 Health Check?

All people aged between 45 and 49 should have a health check. It is even more important if you have symptoms of a chronic disease.

Risk factors include:

- high blood pressure
- family history of disease (eg. cancer, diabetes, heart, kidney, respiratory, depression)
- high cholesterol (or family history of)
- smoking
- excessive alcohol consumption
- lack of physical activity/sedentary lifestyle
- overweight/unbalanced diet
- high stress levels
- sun exposure

What does a 45-49 Health Check involve?

An appointment takes 45-60 minutes but could make a world of difference to your future health.

One of our practice nurses followed by one of our trusted, independent GPs will:

- update your medical history
- ask questions to assess your current health and risk factors
- complete a brief physical examination to measure your blood pressure, weight and blood sugar and perform a skin check
- take a blood test (to check cholesterol, electrolytes, kidney and liver function)
- provide you with practical advice and information on how to make lifestyle changes that will improve your health and reduce your risk of developing future chronic disease.

Your Medicare rebate eligibility

If you are aged 45-49 and have not previously had a 45-49 Health Check, you will be eligible for a fully Bulk Billed Medicare covered assessment.

Depending on the outcome of your health check, further tests and appointments may be required, potentially incurring additional fees.

You may also be eligible for further government-funded plans and programs, including:

- Care Plans and Team Care Arrangements
- Diabetes Care
- 40-49 Year-old Diabetes Assessment
- Home Medicines Review
- Mental Health Care Plan

Ask your GP or Practice Nurse at Health at Dulwich about preparing a Fully Bulk Billed Health Check and other services that could help to improve your health.

To make an appointment with your GP or talk to our Practice Nurses, please contact us on 7221 2588.

Monday – 9am to 6pm

Tuesday to Friday – 9am to 5pm

Saturday – 9am to 12pm

Telephone: (08) 7221 2588

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www.healthatdulwich.com.au



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