



HEALTH

AT DULWICH

Fully Bulk Billed

75+ Health Assessment

For People Aged 75 and Over



75+ Health Assessment

If you are over 75, you can have a **FREE fully Bulk Billed annual health assessment with your GP at Health at Dulwich.**

What are some of the benefits of a 75+ Health Assessment?

- A trained practice nurse will assess your general health needs to help you stay health and independent in your own home.
- It can help you access subsidised services to stay in your own home eg. cleaning services.

How often can I have a Health Assessment?

- A 75+ Health Assessment can be conducted every 12 months.

How much will a Health Assessment cost me?

- At Health at Dulwich, a 75+ Health Assessment is fully Bulk Billed and covered by Medicare – meaning no out-of-pocket expense to you!



What does the assessment involve?

An appointment takes 45-60 minutes where 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
- perform a check of your feet
- perform a urine check and continence assessment
- take a blood test
- assess alcohol intake safety
- assess and review medication
- review immunisation status
- review sleep and physical function eg. walking
- perform falls risk screen test
- perform a mood and memory test
- identify the need for and arrange a home safety check
- 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.



How is this assessment organised?

Our practice nurse will contact you to arrange an appointment and will conduct the assessment.

If you have a carer and would like this person to be present, that will be welcomed.

On arrival, the nurse will explain to you the components of the assessment and obtain your consent before proceeding.

Upon completion of the assessment with the nurse, you will see your GP to discuss the assessment and any recommendations.

Your Medicare rebate eligibility

If you are aged 75 and over, you will be eligible for an annual 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
- Home Medicines Review
- Mental Health Care Plan

Ask your GP or Practice Nurse at Health at Dulwich about preparing a Fully Bulk Billed Health Assessment 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

12 Stuart Road, Dulwich SA 5065

www.healthatdulwich.com.au

