



45-49 YEAR OLD HEALTH CHECK

GPs on Bayview is currently promoting health assessments for people aged between 45 and 49 years.

What are the benefits of having a health check?

Implementing lifestyle changes early enables risk factor minimisation and avoidance of common chronic diseases, such as:

- Diabetes
- Heart Disease
- Kidney Disease
- Lung Disease

By having a health check now, you can find, prevent or lessen the effect of lifelong disease.

We appreciate that some people in this age group may have had a recent health check with their GP, so please disregard this message if this is the case for you.

What does a health check involve?

- Updating your medical history & examining your health issues including family history of health problems
- Carrying out a physical examination including a blood pressure
- Performing any tests that are indicated which may include cholesterol, blood sugar and tests specific to men's and women's health
- A follow up of any problems identified
- Advice & information on how to improve your health

Your GP will discuss these chronic disease risk factors with you and ways to minimise the development of disease:

- Smoking
- Alcohol use
- Physical activity
- Diet and Nutrition
- Weight
- Cholesterol levels
- Blood pressure
- Blood Glucose levels
- Your family history of chronic disease

Making an appointment

Please phone 9217 6000 to make an appointment to see your usual GP for this health check (30 minutes) or book online at www.gpsonbayview.com.au

Fees:

If you **do not hold** a Commonwealth Pensioner Concession Card or Veteran Affairs Card, your 'out of pocket' expense will generally be the same as for a standard consultation.