



What is a Yearly Health Check?





A yearly health check is for all people with intellectual disability.

A yearly health check is sometimes called an Annual Health Assessment.



A yearly health check is an important appointment with your GP once a year.

Your GP is your regular doctor.



At your yearly health check the GP checks if you are staying healthy.

You should go for a yearly health check even if you do not feel sick.



Medicare will help pay for your yearly health check.



It is important to have a yearly health check so your GP can

- check if your body is working properly
- find any health problems before they get too big.



You should go to the GP you know best for your yearly health check.

It is ok to see a different GP if your GP is not available.



You can call the GP clinic and ask for an Annual Health Assessment appointment.

Make sure to ask for a long appointment when you call.



You can choose when you want to have your yearly health check.

It is a good idea to go around the same time every year.



This way you will remember when it is Doctor Time.





Your yearly health check will probably take between 40 minutes and 1 hour.



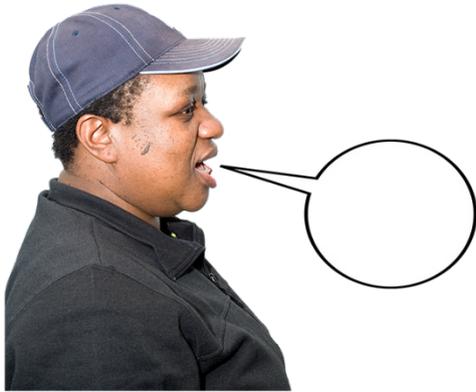
A nurse might help your GP to do your yearly health check.



You can bring a support person to your yearly health check if you want.

For example

- a family member
- a friend
- your support worker.



Your support person can help you

- understand anything you are not sure about
- speak up for your rights at the GP clinic.



Your GP may use the **CHAP** form to do your yearly health check.

CHAP stands for Comprehensive Health Assessment Program.



The CHAP form helps your GP to get important information about your health.



The CHAP form has 2 parts.

You must fill out Part 1 of the CHAP form before your yearly health check.

You can ask your support person for help to fill it in.

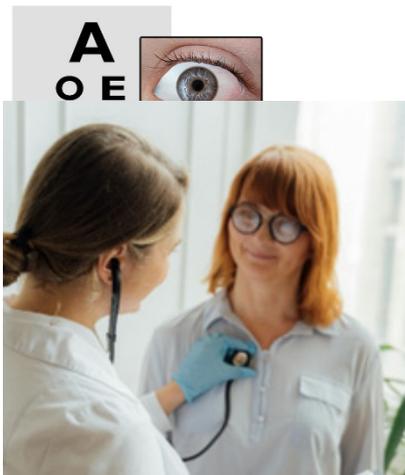
You need to bring it with you to the GP appointment.



Your GP will fill out Part 2 of the CHAP form at your yearly health check.



At your yearly health check your GP will ask you questions about your health.



They may also do some tests like

- checking your eyes and ears
- checking your blood pressure
- listening to your heart and lungs.



You do not have to do every part of the yearly health check if you do not want to.



At the end of your yearly health check your GP will give you a Health Action Plan.



Your Health Action plan tells you what you need to do to stay healthy.

It tells you what your GP will do to help too.



Your Health Action Plan is the end of your yearly health check.



You may need to book another appointment with the GP to get any test results.



Yearly health checks work best if you go every year.

Next year it is **Doctor Time** again.