



Facts about...

PROGRAM FOR PREVENTION

THE FOLLOWING SERVICES ARE BILLED DIRECTLY TO MEDICARE SO THERE IS NO COST TO YOU.

The Government has introduced a number of Preventative Care Programs for specific groups within the practice. With the assistance of your doctor, these programs are designed to help the individuals concerned better manage their health over time.

GENERAL PRACTICE MANAGEMENT PLAN

This is for patients with a chronic condition such as diabetes, asthma, heart disease or osteoporosis. In conjunction with your doctor and the nurse, a detailed action plan is developed to assist you to manage your condition, and this includes six monthly reviews. This is not a Check Up as its focus is to allow the doctor to establish a complete picture of your condition. Once this is done we can develop a **very personalised plan** to help you maintain your health and fitness into the future. The nurse may check your weight, take your blood pressure, perform a foot check if Diabetic or do an ECG if appropriate.

Please allow approximately one hour for this consultation.

ANNUAL HEALTH ASSESSMENT (75+YRS)

This check up is for patients over the age of 75 years and consists of a comprehensive review of your physical health and lifestyle as well as discussing any health concerns you may have. The aim of the check is to help you maintain maximum fitness, health and vitality to support you each day. The check up includes a physical examination however no blood tests are required. You may also be eligible for a Home Medication Review if you are taking more 5 tablets a day.

Please allow approximately 1 and a half hours for this consultation.

45-49YRS HEALTH ASSESSMENT

This health check is specifically for people aged between 45-49 years who are at risk of developing a chronic disease. This may be due to lifestyle factors such as smoking, physical inactivity, excess weight, biomedical risk factors where there is no outward sign of a problem (such as blood pressure and high cholesterol) or simply to a family history of chronic disease. Your doctor and nurse will collect all relevant medical and lifestyle information about you, including your family history.

An assessment is then made in relation to any of the risk factors that emerge from the collection

of information. There will then be discussion about how to keep any risk factors under control, so you can enjoy maximum health and vitality.

Please allow approximately one hour for this consultation.

HIGH RISK OF DEVELOPING DIABETES?

If you are aged 40-49 and complete the Diabetes Risk Assessment Tool with your doctor or nurse, you will be eligible for a health check.

This will be performed by the nurse and your doctor who will examine those factors that increase the risk of diabetes, as well as discussion around action that can be taken to reduce your risk. Finally a management plan is developed that is designed to help you keep any of the risk factors under control so you can enjoy maximum health and vitality. NB: If you are not aged between 40-49, but concerned about your risk of developing diabetes, please discuss this with your doctor.

Please allow approximately one hour for this consultation.

PLEASE CONTACT RECEPTION TO MAKE AN APPOINTMENT FOR ANY OF THESE SERVICES

We are a team of committed and experienced family doctors, nurses and support staff working together to set new standards in patient care and practice administration.

For information about all our services and our doctors, please visit
www.cremornemedical.com.au



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For people not covered by the Government preventative care initiatives described on the reverse of this fact sheet, we provide a number of other tailored check ups.

HEAD TO TOE CHECK UP

A comprehensive check up that consists of a full 'systems review' of all aspects of your health and is specifically designed for individuals who lead busy lives and rarely see a doctor.

Tailored to your age and sex our Head to Toe is perfect for if you are aware you lifestyle needs improvement but you don't know where to start.

The check up is also appropriate for those individuals who maintain a regular exercise regime, eat correctly and overall feel and look healthy. It's essentially like a 'health performance check' but on those factors that you can't see.

WHAT TO EXPECT DURING YOUR CHECK UP

Firstly, an in depth interview is conducted by our nurse where we will look at lifestyle factors that can affect your health. This is followed by some examinations such as blood pressure, or ECG (heart check). This information, together with details of your family history, can provide your doctor with specific clues about aspects of your health that may need to be explored fully

during the comprehensive physical that follows.

Overall, the physical examination is designed to establish your health status in all important health areas including cardiovascular, respiratory, gastrointestinal, neurological, endocrine, musculoskeletal, genitor-urinary, lymphatic, skin review, visual acuity and foot examination.

Blood tests form part of the Head to Toe. These will provide a series of readings including your cholesterol level, kidney and thyroid function, prostate (if applicable), and your red and white blood cell count.

At the end of the check up, the doctor will take you through the key results and provide you with a comprehensive list of recommendations for a healthy future. Within two weeks you will receive a written report and health information specific to your needs.

Please allow one and a half hours for your Head To Toe check up

THINKING OF STARTING A FAMILY?

This health check is for couples intending to have a baby and is designed to help you enjoy a safe and healthy pregnancy and to give your baby the best possible start.

The consultation includes:

Blood tests to check immunity (for females); checking vaccination status for both partners; a possible physical examination of either partner if the doctor feels it to be appropriate; discussion on pre-pregnancy and pregnancy health including nutrition, and the role of folic acid during pregnancy.

Additionally, couples will receive a complimentary 'pregnancy pack' which includes important information on maternity care facilities at local hospitals, food during pregnancy, and other important advice.

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