



# Yearly Health Checks

## Health Fact Sheet



# Table of Contents

- Yearly health checks ..... 3
- What happens at a health check ..... 4
- Why have a yearly health check ..... 6
- How to book a yearly health check ..... 7
- Getting ready for the health check ..... 8
- After the health check ..... 10
- The CHAP tool ..... 11
- Summary ..... 13

# Yearly health checks



A yearly **health check** is when a doctor checks your health.

It is sometimes called an **annual health assessment** or a **check up**.



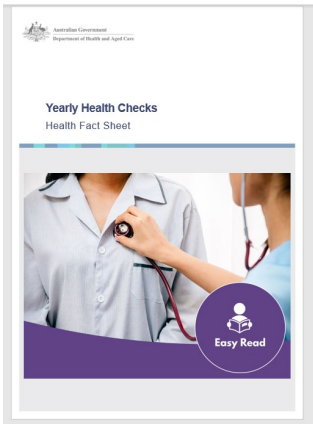
**Annual** means 1 time a year.



You should have a health check 1 time a year.

You should do this even if you feel well.

This is to check your health is good.



This fact sheet tells you more about yearly health checks.

# What happens at a health check



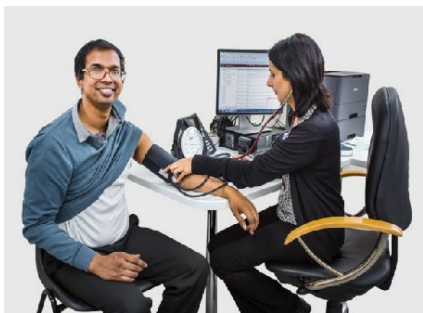
A yearly health check is to make sure you are healthy.



Your doctor will check different parts of your body.

They will listen to your heart.

They will listen to your lungs.



They will check your blood pressure.

They might check other things too.

It depends on what you need.



Your doctor will ask lots of questions.

It is OK if you do not know all the answers.



Your doctor might ask you to get a blood test.

You might go somewhere else for this.



You might see other people for other checks.



Your doctor will ask you to come back after the other checks.

They will look at the check information.

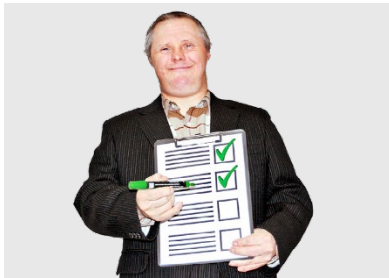
They will say if you need to do something for your health.



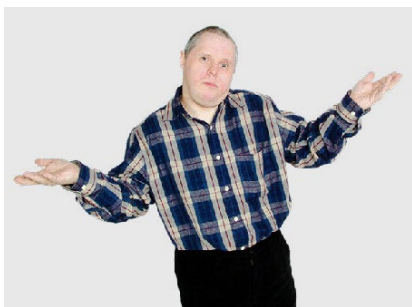
If you do not want to do part of the check you can say so.

It is your choice.

# Why have a yearly health check

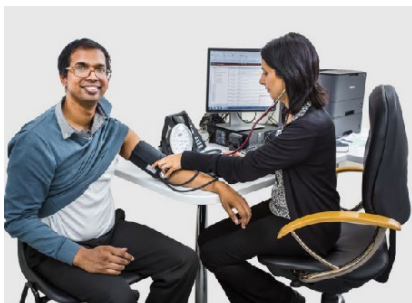


Yearly health checks are important.



Sometimes we need health care but do not know.

We might not know we are sick.



A check every year will help find sickness early.

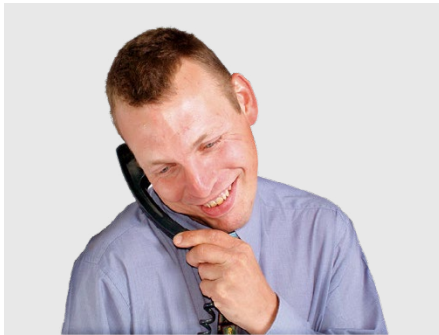
This makes it easier to treat.



This helps you to stay healthy.



# How to book a yearly health check



Make a booking to see your doctor.



Say you want a yearly health check.



Say you have an intellectual disability.

Say you need a really long booking.

# Getting ready for the health check



There are things you can do to get ready for your health check.



Take your health information with you.

Things like reports from doctors.



This will tell your doctor how your health has been.



Take a list of your medicines with you.

Or take your medicines with you.





Wear a short sleeve shirt.

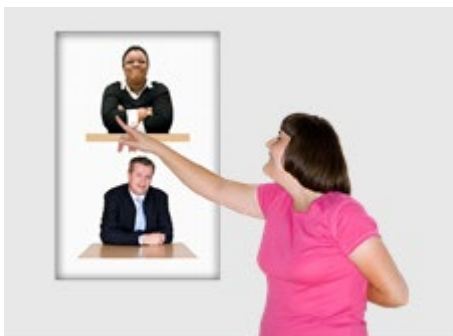
This helps the doctor check your blood pressure.



You can ask someone to come with you to the appointment.

Ask someone you trust.

Ask someone who knows your health well.



You can choose who comes with you.

You can go on your own.

It is your choice.

## After the health check



After the health check your doctor will tell you how it went.

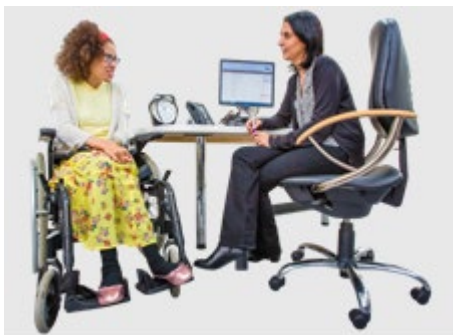
You will talk about what you can do to be healthy.



You might need to see other health services.



Your doctor might change your medication.



Your doctor will tell you if there are things to do.

You can talk about your choices.

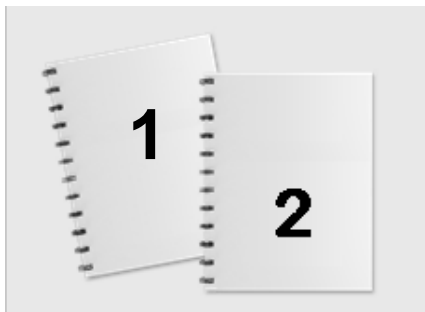
# The CHAP tool



The **CHAP tool** is for doctors and people with intellectual disability to use together.

**CHAP** stands for **comprehensive health assessment program**.

It is 1 way to do a yearly health check.



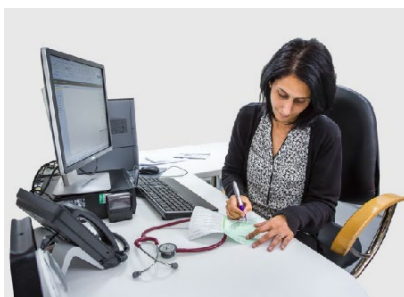
The CHAP tool has 2 parts.



You do part 1 before your health check.

You can ask someone to help you with this.

It is OK if you cannot do part 1.



Your doctor does part 2.

They do it at your health check.



The CHAP tool helps your doctor make a **health action plan**.



A **health action plan** says what you need to do for your health.

It says what your doctor will do too.



It might say to see other health services too.



Ask your doctor if they use the CHAP.

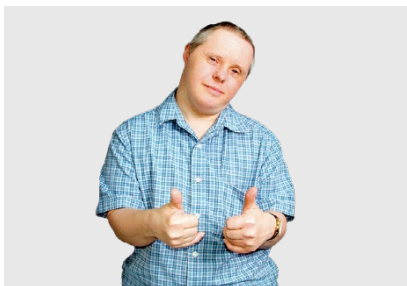
You can show them this booklet.

# Summary



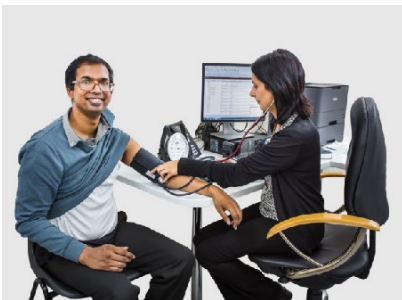
You should have a health check every year.

You should do this even if you feel well.



A health check can find sickness early.

This helps you to be healthy.



Your doctor will check different parts of your body.

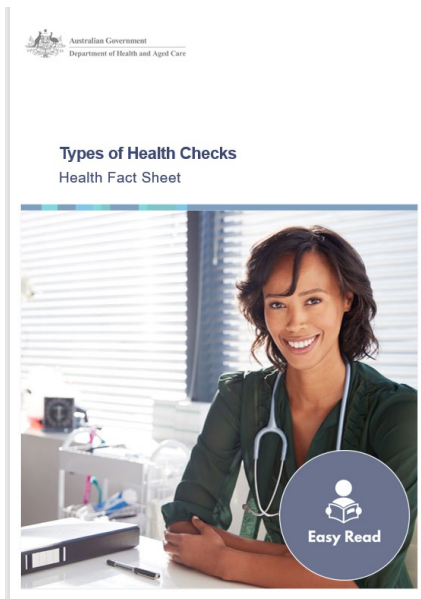
They might want to get other checks.



After the health check your doctor will tell you what they found out.

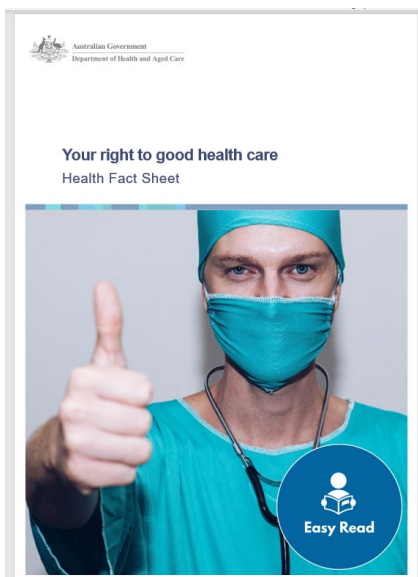
You will talk about what to do to stay healthy.

# Health fact sheets



We have info about **types of health checks** here.

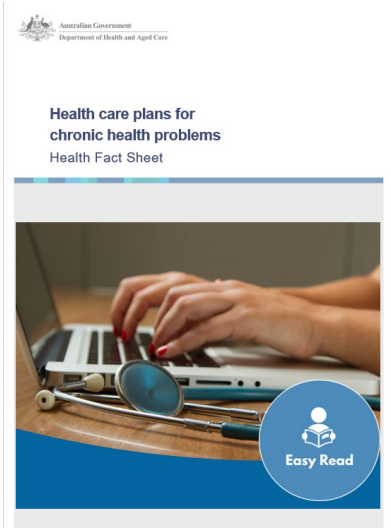
<https://www.health.gov.au/resources/publications/types-of-health-checks-easy-read?language=en>



We have info about **your right to good health care** here.

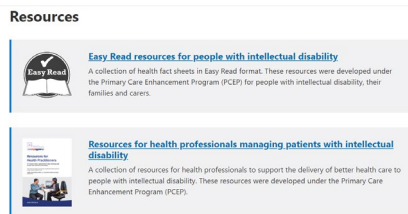
<https://www.health.gov.au/resources/publications/your-right-to-good-health-care-easy-read?language=en>





We have info about health plans for chronic problems here.

<https://www.health.gov.au/resources/publications/chronic-health-plans-easy-read?language=en>

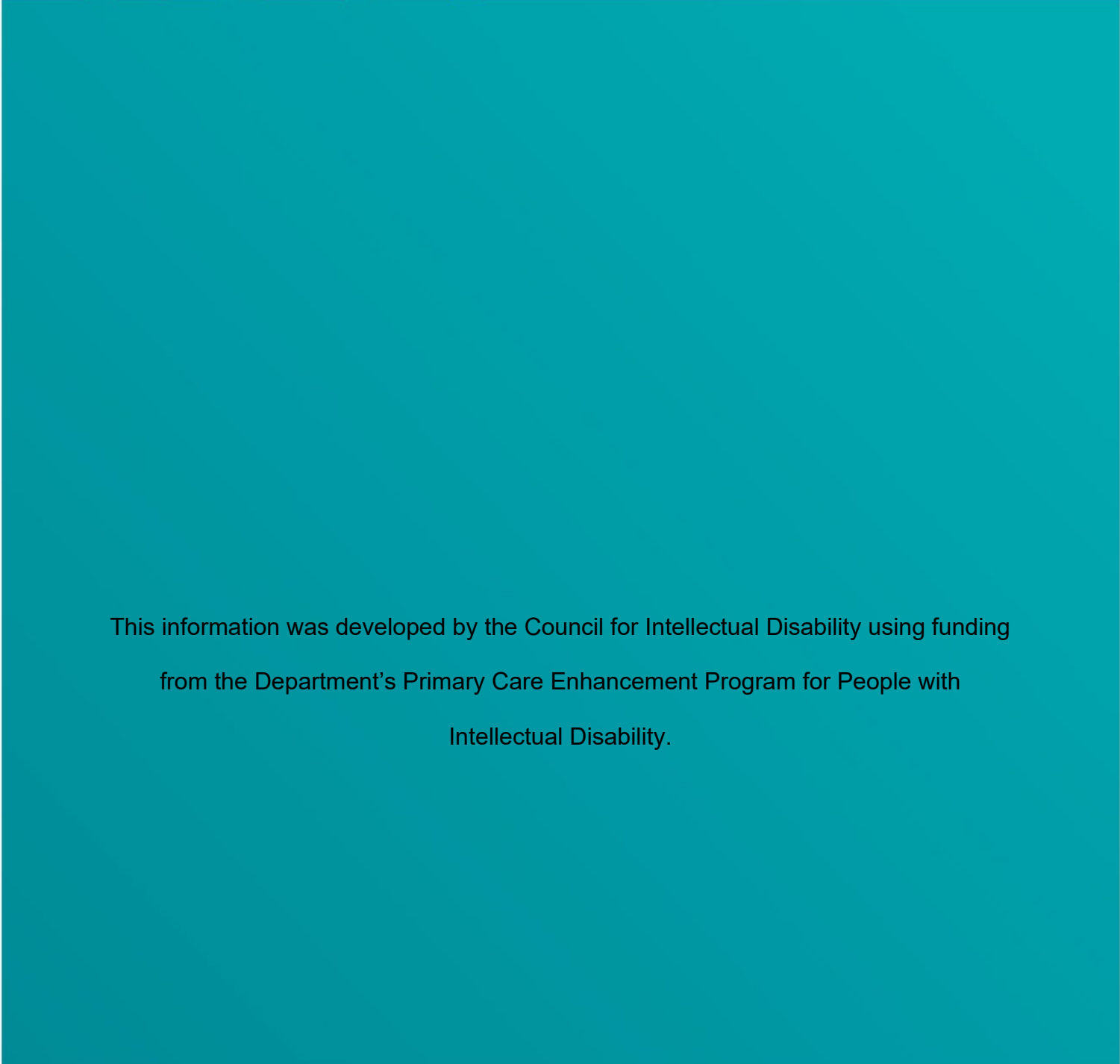



There are other health fact sheets and resources for health professionals managing patients with intellectual disability here.

<https://www.health.gov.au/our-work/primary-care-enhancement-program-for-people-with-intellectual-disability>

**Health.gov.au**

All information in this publication is correct as at July 2023.



This information was developed by the Council for Intellectual Disability using funding from the Department's Primary Care Enhancement Program for People with Intellectual Disability.