

# Media Release



23 June 2010

## Introducing your local GP...

With the busy lives we all lead, our health often gets put on the back burner. We tend to visit the GP only when sick and forget about preventative health.

What you may not realise, is that your local General Practice really is the cornerstone of health care and offers a range of health services.

### Comprehensive Health Checks

This is a complete snapshot of your current health status, which should be undertaken annually to prevent serious health issues and address your concerns. We all have our blood pressure checked regularly, so why not book a longer appointment and have an all-inclusive check up. Speak with your local practice, as most will bulk bill for health checks.

Health Checks are available to:

- over 75 year olds;
- 45 – 49 year olds (to prevent Type 2 Diabetes);
- people with an intellectual disability; and
- Aboriginal and Torres Strait Islander persons (all ages).

### Lifestyle Modifications Program

Your local General Practice can refer eligible 45-49 year olds, at risk of developing Diabetes. to a FREE Lifestyle Modifications Program. A qualified Exercise Physiologist or Dietitian will educate you on a range of lifestyle issues including diet, exercise and prevention of Type 2 Diabetes. For just a few hours, you can prevent Type 2 Diabetes.

### Healthy Kids Check

This check up can be undertaken by a GP or Practice Nurse and is specifically for 4 year old children. It is a good idea to combine the check up with your child's 4 year old immunisation. It gives parents the opportunity to discuss any concerns about their child's development and is right in time for the start of school.



PO Box 781 NORTHAM Western Australia 6401  
T 08 9621 1530 | F 08 9621 1532 | E [central@wheatbelt.com.au](mailto:central@wheatbelt.com.au) | [www.wheatbelt.com.au](http://www.wheatbelt.com.au)

Wheatbelt GP Network is an initiative of the Central Wheatbelt Division of General Practice Inc (ABN 73 639 952 959)



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Wheatbelt  
GP Network



Building healthy communities through General Practice.

## Access to Allied Health Services

Do you have a Chronic Disease or Mental Health Disorder? Your GP can work with you to write a GP Management Plan and Team Care Arrangement, or Mental Health Care Plan. This will provide access to Medicare rebates at your local Allied Health Provider (such as Physiotherapist, Podiatrist or Psychologist). Be sure to ask for a longer appointment when contacting your local Practice.

## Immunisations

You may not realise that your local General Practice is the ideal location to have your child immunised. Most Practices offer immunisations each day of the week and offer a range of appointment times to suit.

Remember, immunisations aren't restricted to children. Think about:

- Have you had the seasonal flu vaccine for 2010? Why not?
- You're entitled to the free Swine Flu Vaccine – your GP offers this service.
- Are you planning to have children or are you going to be a grandparent soon? Think seriously about being immunised against pertussis (whooping cough).
- When was your last tetanus shot?
- There is currently a measles outbreak in WA. Have you been immunised?
- Are you over 65? You may be eligible for a pneumococcal vaccine – ask your GP or Practice Nurse.
- Are you protected against HPV (the virus that causes Cervical Cancer)?

Be sure to tell the Receptionist at the General Practice the reason for your visit so he/she can book a suitable appointment time with you.

Building a relationship with your GP and Practice Nurse, including being open and honest, will ensure you receive the highest quality primary health care on offer. You and your GP are a powerful team in looking after your health – working together will achieve results.

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For media inquiries please phone Trisha Ellis on (08) 9621 1530 or email [memberservices@wheatbelt.com.au](mailto:memberservices@wheatbelt.com.au).



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