



45–49 Years Health Assessment

When you turn 45, GPs/Nurses may offer you this health check (**bulk billed!**) designed to pick up any early signs of health problems, especially those that could lead to chronic diseases later on, like heart disease, diabetes, or cancer.

It's a chance to check in on overall health, identify any risk factors, and plan to keep you well for the long term.

One week prior to booked appointment, you will need a **fasting** blood test.

What happens during the check?

1. We talk about health and lifestyle:

- We'll ask about medical and family history, immunisation history, diet, exercise, alcohol use, smoking, cervical/breast screening (women), bowel screening, prostate screening (men) and mental wellbeing.
- We'll discuss how you are coping with work, stress, and sleep.

2. We check some key measurements:

- Blood pressure
- Weight, height, and waist size (to check risk for things like diabetes and heart disease)
- Blood tests – to establish a baseline

3. We assess your risk:

- Using your results, we look at your risk for chronic diseases like heart disease, diabetes, and kidney disease.
- If anything looks concerning, we'll discuss what can be done early - through lifestyle change, follow-up tests or referral to an allied health or specialist.

4. Make a plan together:

- You will get personalised advice on how to stay healthy (for example, tips on eating well, being active, reducing alcohol, or quitting smoking.)
- If needed, we can organise referrals (consideration of **GP Chronic Management Plan** to allied health providers).

This check is all about **prevention**. Health issues can creep up silently and catching them early can make a big difference later. Think of it as a **tune-up**, helping you stay healthy, active, and on top of things for years to come.