Regular Health Checkups

It is important to have regular checkups with your doctor as it can:

- Reduce your risk of getting sick
- Give you a time for regular check ins with your mental health
- Catch any sickness you might have early
- Time to monitor any existing conditions
- Increase livelihood and improve health

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What is a 715 Heath Check?

A 715 Health Check is a health assessment that helps to ensure that Aboriginal & Torres Strait Islander people receive primary health care matched to their needs, by encouraging early detection, diagnosis and intervention for common and treatable conditions that cause morbidity and early mortality.

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Who should get a 715 Health Check?

The 715 Health assessment for Aboriginal and Torres Strait Islander people covers the full age spectrum, and should be used for health assessments for the following age groups:

- Aboriginal and Torres Strait Islander adults who are aged fifteen years and over but under the age of 55 years.
- Aboriginal and Torres Strait Islander older people who are aged 55 years and over.

This health assessment is an annual service. The minimum time allowed between services is nine (9) months. This allows flexibility for very remote communities, where medical practitioner visits may be less frequent and may make it more difficult to follow a consistent schedule of health assessments.

Did you know?

Having a yearly 715 Health Check is free and takes around 45-60 minutes to complete.

The 715 Health Check has been tailored for Aboriginal and Torres Strait Islander people of all ages.

Does it cost anything?

The 715 Health assessment does not cost the patient anything.

How do you get one? What do you ask for?

Go to you regular GP and ask for a 715 Aboriginal Health check. It's that easy.

Resources:

More information on the 715 Health Checkup:

https://www.nepeancommunity.org.au/you-need-to-know-about-the-715-health-check/#:~:text=A%20715%20Health%20Check%20is%20a%20health%20assessment,treatable%20conditions%20that%20cause%20morbidity%20and%20early%20mortality.

https://ncacch.org.au/our-services/715-health-check/

https://www.myclinicgroup.com.au/health-check-715/