

You don't have to be
sick to have an
Aboriginal health check!



This Resource was developed with funding from the Australian government under the Closing the Gap – Improving Indigenous Access to Mainstream Primary Care Program

Northern
Division of
General
Practice



How do I get an Aboriginal and Torres Strait Islander Health Check?

You can have a health check at your Aboriginal health service, or local GP practice. Aboriginal health checks are free at any bulk billing services.

Why should I get an Aboriginal and Torres Strait Islander Health Check?

Aboriginal and/or Torres Strait Islander people suffer more chronic disease and develop chronic diseases a lot earlier than non-Aboriginal people. Regular health checks will help to identify and prevent any health issues and treat them earlier.

What to expect in a Aboriginal & Torres Strait Islander Health Check

A health check looks at your overall health, risk factors and involves medical examinations and or tests; such as blood pressure, height & weight and or blood tests. By having a health check your doctor can develop a good plan for your health care needs. This may involve treatment, referral to services and providing health advice.

Aboriginal and Torres Strait Islander Health Checks are done by your local GP or Aboriginal Health Service with the assistance of the Aboriginal Health Worker

Artwork by Shane O'Shanassy



Northern Division of General Practice