



Australian Government

Department of Health and Aged Care

Yearly Health Checks

Health Fact Sheet



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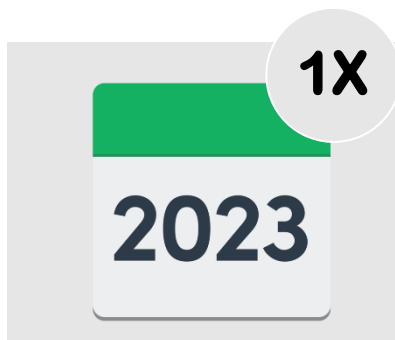
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Yearly health checks



A yearly **health check** is when a doctor does a big check of your health.

This health check is for people with intellectual disability.



It is sometimes called an **annual health assessment**.

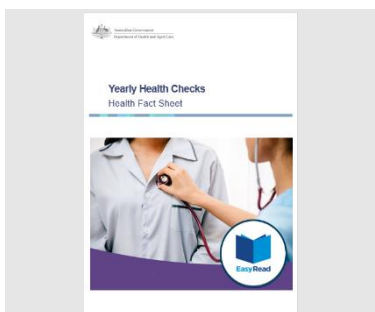
Annual means 1 time a year.



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.

You can learn about other checks here

[www.health.gov.au/resources/publications](http://www.health.gov.au/resources/publications/types-of-health-checks-easy-read)
[/types-of-health-checks-easy-read](http://www.health.gov.au/resources/publications/types-of-health-checks-easy-read)



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 health check you can say so.

It is your choice.

Why have a yearly health check



Yearly health checks are important.



Sometimes you 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 have intellectual disability and want an annual health assessment.



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.

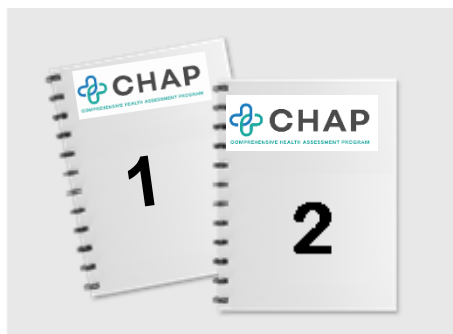
The CHAP tool



The **CHAP** 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.

View the CHAP online here

www.health.gov.au/chap-adult



There is also a Young Person CHAP if you are aged 12 – 18 years old.

View the Young Person CHAP here

www.health.gov.au/chap-yp



You do part 1 before your yearly 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 appointment.



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.

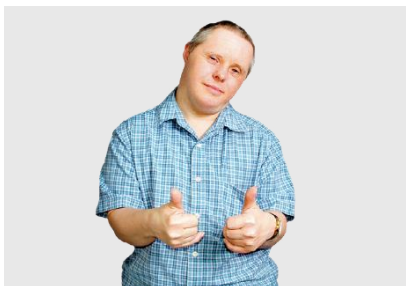
Summary



You should have a health check every year.

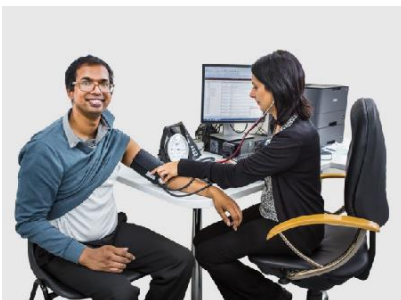
It is sometimes called an annual health assessment.

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 you 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.

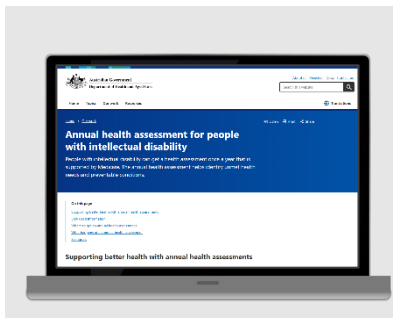
More information



We have other health fact sheets.

You can get them from

**[www.health.gov.au/resources/collections/
easy-read-resources-for-people-with-
intellectual-disability](http://www.health.gov.au/resources/collections/easy-read-resources-for-people-with-intellectual-disability)**



There is more info for **families and
supporters** here

www.health.gov.au/AHAs

Health.gov.au

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