There’s more to Medicare – First Nations

# Medicare helps cover the costs of health care. making it more affordable for all of us.

## What is Medicare

Medicare is Australia's health care system which either partially or fully covers the cost of most health care for all Australians.

The government is continuing to invest in Medicare’s future, making it stronger to meet your health care needs

## With Medicare you can benefit from:

* free or lower cost services from doctors, clinics and other health professionals
* free or lower cost mental health care
* free, urgent care through a growing network of Medicare Urgent Care Clinics
* part or all the cost of basic dental services for eligible children, under the Child Dental Benefits Schedule.

# 4 ways you can make the most of Medicare

1. Look out for bulk billing:

Bulk billing means you don’t have to pay for your medical service from a health professional. With your permission, your doctor submits a claim directly to Medicare.

Things like pathology and diagnostic services and eye tests are often bulk billed, along with visits to the doctor, however not everyone bulk bills so make sure you look for the bulk billing sign or ask before you go.

All services at an Aboriginal Medical Service are bulk billed for First Nations people.

1. Visit a free Medicare Urgent Care Clinic

Medicare Urgent Care Clinics are for when you've got a medical problem that can't wait for a regular doctor’s appointment but isn't a full-blown emergency. It's for the in-between stuff. You can simply walk in and wait to see a doctor or nurse — all you need is your Medicare card.

Things that might need urgent care include:

* minor fractures
* sprains
* minor infections
* small burns
* respiratory issues
* serious stomach aches
* urinary tract infections.

1. Support your wellbeing at a Medicare Mental Health Centre

More and more Medicare Mental Health Centres are opening around the country which offer free, walk-in support for mental health and wellbeing across Australia. No appointment or referral is needed. You don’t need to be enrolled for Medicare or have a Medicare card to walk in and get support.

1. Help keep your kids’ teeth healthy with the Child Dental Benefts Schedule

The Child Dental Benefits Schedule helps to cover part or all the cost of basic dental services for your kids including things like check-ups, X-rays, cleaning, fillings and extractions.

Children are eligible if they are under 18 years of age, and are getting a government support payment at least once a year, or have a parent/carer who is getting a government support payment.

**A stronger Medicare helps keep you, your family, and your community strong too.**

**To find out more about how Medicare can benefit you, have a yarn with your doctor, health worker or visit medicare.gov.au/stronger to fnd out more.**