



Annual 75yrs+ Health Assessment

If you are aged 75 years and over, or 55 years and over for Aboriginal and Torres Strait Islanders and are living in the community, you are eligible for this free* Health Assessment.

The assessment is conducted at Meroo St Family Practice by one of our Registered Nurses on behalf of your Doctor, and takes approximately 1 hour of your time. You will see your Dr afterwards and receive a copy of your Health assessment.

The assessment is made up of a number of questions looking at all areas of your health & well-being including:

- diet and nutrition
- exercise
- mobility
- mental health
- family & social relationships

During the assessment, we will check:

- blood pressure
- pulse
- height & weight
- vision
- perform a urinalysis

Part of the assessment also involves discussing your home environment to assess your living arrangements to see if they are safe and if there is any additional help you may need.

Please book in at reception or call for more information on 44214655