

CHAP Checklist

Preparing for your Yearly Health Assessment

The Comprehensive Health Assessment Program (CHAP) is a Yearly Health Assessment. You can use this CHAP Checklist to tick off things as you go preparing for your appointment.

About two months before your appointment:

- Have you booked your appointment for the yearly health assessment CHAP?
- Have you got access to the CHAP and relevant health monitoring information (such as medication chart, epilepsy tracker, signs and symptoms tracker)? (If not, ask the clinic.)
- Have you started to fill in Part 1 of the CHAP?

About one month before your appointment:

- Have you been continuing to fill out Part 1 of the CHAP and monitoring information?
- Have you contacted everyone you needed to, to assist you to fill in Part 1 of the CHAP?

About one week before your appointment:

- Have you completed Part 1 of the CHAP the best you could?
- Have you emailed the completed Part 1 of the CHAP and monitoring information to the clinic?
- Have you contacted the clinic if you had any questions before your appointment?

On the day of your appointment:

- Consider, calling the clinic to see if they are running on time or late.
- Wear loose clothing so it is easier for the nurse and doctor to do health tests.
- Arrive early for your appointment with all relevant information.

After your appointment:

- Have you and your supporter started doing the tasks on your health action plan?

Your next yearly health assessment CHAP will be in one year. You can still see your doctor anytime throughout the year if you have any health concerns.