



# Annual (Yearly) Health Assessment

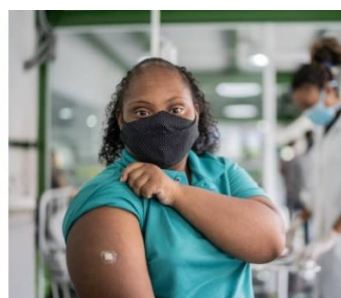


## The Comprehensive Health Assessment Program (CHAP)

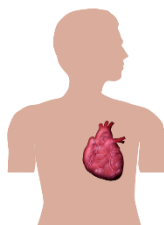
# The importance of health checks and connecting with your doctor

**Every year you need to have a health assessment.**

This is called an 'Yearly Health Assessment', or it can sometimes be called the Comprehensive Health Assessment Program (CHAP).



This health check looks at all parts of your body including:



- your heart



- what you eat or your diet



- what your poo says about your health (see the poo chart)



- your eyes (vision)



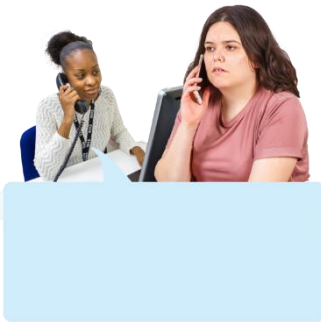
- your ears (hearing)

## 2 months before your CHAP appointment



Things to do two months before your appointment.

Book the appointment with the clinic and say:



- This is for a yearly health check using the CHAP tool.
- This needs to be a long appointment.
- You want to see the nurse before and after the doctor.



Get the CHAP tool [online](#) or ask the clinic to give you a copy.



You and your supporter fill out part 1 of the CHAP tool.

## 1 week before your CHAP appointment



Things to do one week before your appointment.



Make sure you and your supporter have filled out part 1 of the CHAP tool the best you can.



Give the clinic a copy of part 1 of the CHAP tool you filled in.



Contact the clinic to remind them you want to see the nurse before and after the doctor.

## On the day of your CHAP appointment



Things to do on the day of your appointment.

Wear loose clothing so the doctor and nurse can do health checks.



Arrive early for your appointment to the clinic.



For your appointment:

- The nurse will do some health checks.
- The doctor will do some health checks.



At the end the nurse will work with you and your supporter to make a health action plan.

## After your CHAP appointment



You and your supporter take the action plan home.

This says what need to be done for you to be in good health.



The actions may be:

- To book more health appointments.
- See more health professionals.
- Other tasks.



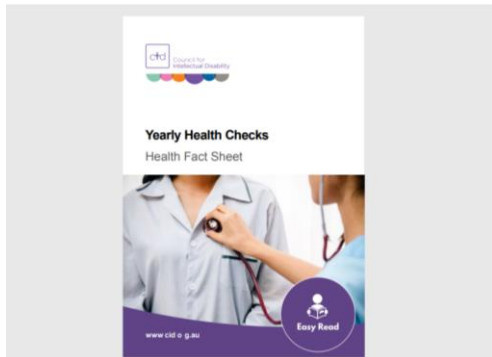
It is important the steps in the action plan are done so you can be in good health.



The clinic can remind you when it is time for your next yearly health check in 1 year.

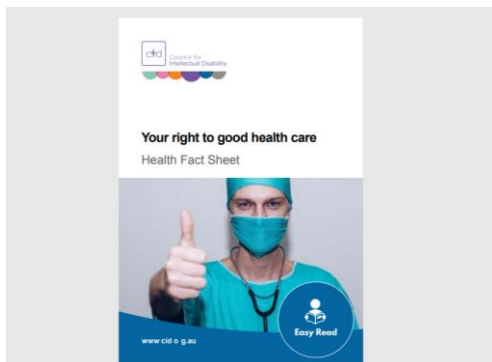
# Health Fact Sheets

Easy Read: [Types of Health Checks Easy Read Fact Sheet \(cid.org.au\)](https://www.cid.org.au/resource/types-of-health-checks-easy-read-fact-sheet)



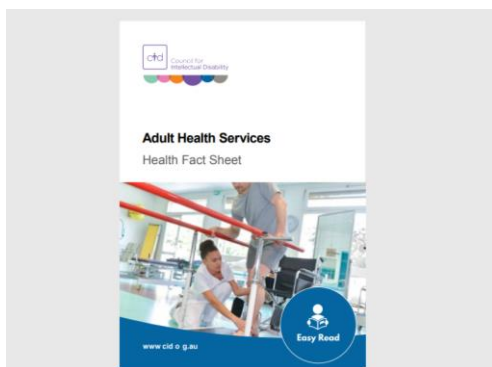
We have info about yearly health checks here

[www.cid.org.au/resource/yearly-health-check-fact-sheet](https://www.cid.org.au/resource/yearly-health-check-fact-sheet)



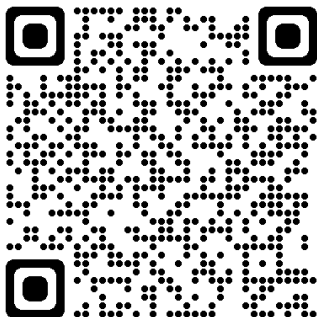
We have info about your right to good health care here

[www.cid.org.au/resource/your-right-to-good-health-care-fact-sheet](https://www.cid.org.au/resource/your-right-to-good-health-care-fact-sheet)



We have info about adult health services here

<https://cid.org.au/resource/health-services-fact-sheet/>



**More information:**

[www.cid.org.au/resource-category/health](https://www.cid.org.au/resource-category/health)

**Videos:**

- [Laura and her GP](#)
- [Jack's Health Assessment](#)
- [Laura and her dietitian work together](#)