



45-49 years old health check

What is a 45-49 years old health check?

At The Crane GP, we believe that Prevention is better than Cure. A 45-49 years old health check is a 1-hour preventative check-up with our Practice nurse and your GP. This is a comprehensive, screening assessment using evidence-based calculators to help you understand your:

- Cardiovascular and diabetes risk, and eligibility for early intervention programs to reduce your risks
- Lifestyle risks, such as smoking, physical inactivity, poor nutrition or alcohol use
- Mental health risks and ways to reduce stress
- Sleep and how to sleep better
- Bone health (if relevant)
- Menopausal symptoms (if relevant) and management options
- Family history of chronic disease
- Free preventative screening opportunities e.g. bowel cancer screening (from 45yo), cervical screening, breast cancer screening, lung cancer screening (coming soon in 2025)

Why should you get a 45-49 years old health check?

It a once-off, free check-up, between the age of 45 to 49 years old, covered by Medicare during a time in your life where risks for chronic diseases start to increase. Identifying your risks early will provide opportunities for early intervention to reduce the likelihood of you developing the disease in the future.

How much does this health check cost?

There is no out-of-pocket fees for this health check. If all your issues cannot be covered in the one appointment, subsequent follow-up appointments may be required (standard consult fees apply). Prevention is always cheaper than Cure.

What does this health check involve?

- **History:** smoking, nutrition, alcohol and physical activity, possible depression, osteoporosis risk factors, sleep, menopausal symptoms (if relevant)
- **Examination:** weight, height, BMI, BP, waist/neck circumference.
- **Tests:** Electrocardiogram (ECG) by nurse, GP to order blood test (lipids, fasting BSL/HBA1c etc), cervical screen (if appropriate).
- **Calculate:**
 - risk of diabetes using the Australian type 2 diabetes risk assessment tool
 - review fracture risk factors for osteoporosis for women aged 45-years or older
 - absolute cardiovascular risk.
- **Plan:** work with you to make a plan to manage your risk factors.

Can I get a blood test form before my appointment?

We do not provide blood test forms prior to your appointment because we must clinically assess and order the tests required. If you have seen your GP for another matter prior to your Health Check, you can request for a blood test form from your GP and get this done prior to your Health Check. Please allow up to 1 week for your blood test results to be available. If you have done a blood test for your cholesterol and diabetes check elsewhere in the last 12 months, please bring these along to your appointment.

How much time do I need to allow for this Health Check?

We recommend you allocate at least 1.5 hours in case your GP is running late. You will first spend 30 minutes with our Practice nurse to collect your history and physical observations, and to perform an electrocardiogram (ECG). You will see your GP after that for 30 minutes. You may choose to book your appointment in the morning to enable you to do your blood test with our pathology collector immediately after seeing your GP (please check our website for Pathology Collection opening hours).

If you have any further questions, please contact our friendly reception team at 03 9088 3258.

We look forward to working with you to optimise your health.