



## Have you had your Aboriginal and Torres Strait Islander Health Check?

**MBS 715**

Aboriginal people can get a free  
health check every year



### Contact us

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-  SonderSA  Sonder\_SA



Sonder acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia.

We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging.

We acknowledge the ongoing impact of intergenerational trauma that has occurred since colonisation and commit to truth telling as we walk alongside them towards reconciliation.

Sonder welcomes people from all cultures, faiths, backgrounds, experiences, and celebrates all identities, genders, sexes, orientations and abilities.

We embrace diverse voices in our decision making to ensure we deliver inclusive services.

## Your Health is in Your Hands

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### Our services for Aboriginal people

- At Sonder, we support general practices to provide better, culturally appropriate care for Aboriginal patients through MBS 715 Aboriginal Health Checks and Chronic Disease Care Plans (GPMP).
- If you have a chronic health condition, you can receive support from our Closing the Gap - Integrated Team Care program. We'll work with you to help you navigate the healthcare system and better manage your chronic condition.
- Young people can access social, emotional and spiritual support from Aboriginal Peer Practitioners within our wellbeing services.



Find out more  
[sonder.net.au](http://sonder.net.au)



**A health check can help you to better understand your health and access other services you may need.**

### **1 Where can I get a health check?**

You can get a free health check every year at a general practice or Aboriginal medical service, such as Nunkuwarrin Yunti, Watto Purrinna, SALHN Aboriginal Family Clinic, Narungga Health, Gawler Aboriginal Health Service or Tarpari Wellbeing Central.

### **2 Why should I get a regular health check?**

Having a regular health check can help prevent small health problems from becoming big ones.

Without knowing these things, your health might get worse and this is not good for you, your family or your community.

It's important to have a regular health check to stay healthy and strong, even when you feel well.

### **3 What happens at a health check?**

The Aboriginal Health Practitioner or Nurse will have a yarn with you about your health, the health of your family and ask about any concerns you may have.

**During the appointment, the health worker will check and ask questions about your:**

- Height and weight
- Blood pressure
- Nutrition and exercise
- Medical history
- Eyes
- Ears
- Social, emotional and spiritual wellbeing
- Medications
- Immunisation

The health check will identify services you may need and actions you can take to improve your overall health and wellbeing.

Depending on your needs, the health check may enable you to access 5 free visits to other health services, including podiatry, physiotherapy, exercise physiology, and more - even if you do not have a chronic condition.

The health check can take up to an hour to complete.

If you have a Health Care Card, and have or are at risk of having a chronic condition, you might also get free or discounted medicines.

### **4 How can I book my next health check?**

To find a local culturally safe general practice or health service near you, call Sonder on **(08) 8209 0700** and ask to speak to the Closing the Gap ITC team.

**Health checks are important for everyone.**

