

Information for people aged 14-24 years who have received a health assessment

What is a health assessment?

The purpose of a health assessment (also called a health check) is so that your GP (doctor) and/or nurse can talk to you about lots of different things and pick up on any health issues as early as possible.

Often, the earlier a health problem is identified, the easier it is to deal with.

During your health assessment, your doctor or nurse may have talked to you about:

- Your home life
- Smoking and vaping
- School and/or work
- Alcohol and drugs
- Food and nutrition
- Sexual health
- Exercise and activity
- Mental health

They may also have done some physical tests (for example, checked your blood pressure).

Remember, you can always go back to see your doctor if you forgot to mention something, feel worried or would like to talk more with them about a particular issue.

When do I need another health assessment?

Guidelines suggest that people aged 14-24 years should have a health assessment once a year.

What next?

Ask your doctor if you are unsure about what to expect next. Your doctor may have done one or more of the following:

- Provided you with more information about your health
- Ordered some tests for you
- Given you a prescription for medication
- Referred you to another service or specialist
- Asked you to return for a follow-up consultation



Scan the QR code or visit:

[www.radhealth.org.au/
young-people/
resources-for-young-people/](http://www.radhealth.org.au/young-people/resources-for-young-people/)



If you would like any further information or resources about anything your doctor or nurse might have talked about with you today.

Melbourne School
of Population and
Global Health
Department of
General Practice



Notes

The name of the GP / Nurse I saw today is: _____

Is a follow up appointment needed?

Yes No

Date: _____

Other suggestions / instructions: _____

Who can I talk to?

It can be difficult to open up about problems, but talking to someone you trust might help you to feel better. They may also be able to work with you to solve your problem.

Your doctor can be a good person to talk to. If you attend school or university, they will usually also have counsellors, support workers or careers guides that can offer help specific to you.

There are also some free telephone and online services where you can speak with someone confidentially:

Telephone counselling services:

Lifeline (13 11 14)

Kids Helpline (1800 55 1800)

Beyond Blue (1300 22 4636)

Online chat services:

ReachOut forums:

<https://au.reachout.com/online-community>

Beyond Blue Webchat:

<https://www.beyondblue.org.au/support-service/chat>

About RAd Health

RAd Health is a University of Melbourne trial that is aiming to find out whether paying doctors more money to conduct a health assessment for 14–24-year-olds can help improve young people's health. You can read more about the trial on our website.

radhealth.org.au/about-rad-health/