



**Australian Government**  
**Department of Health and Ageing**

## 45 year old health check (MBS item 717)

*Australian Better Health Initiative: A joint Australian,  
State and Territory government initiative*

### **Sample Checklist**

#### **Using this checklist**

It is not compulsory to use a checklist for the item. However, this document provides a sample checklist that may assist GPs and health professionals in the practice in undertaking the 45 year old health check.

This checklist is not intended to prescribe a comprehensive list of activities to be undertaken for all patients. The health check will need to be tailored to the individual circumstances of each patient.

GPs and practices may modify this checklist to suit their own needs, as long as the mandatory elements (set out below) are satisfied.

## PATIENT CONSENT

The patient must understand what the health check involves and give consent for the health check to be undertaken. Consent can be either written or verbal.

## PATIENT ELIGIBILITY

- a. Aged 45 to 49 years inclusive<sup>1</sup> **and must be at risk of developing a chronic disease.** This is a clinical judgement made by the GP. However, at least one risk factor must be identified. Factors that the GP may consider include, but are not limited to:
- **Lifestyle risk factors** such as:
    - smoking
    - physical inactivity
    - poor nutrition
    - alcohol misuse
  - **Biomedical risk factors** such as:
    - high cholesterol
    - high blood pressure
    - impaired glucose metabolism
    - excess weight
  - **Relevant family history of a chronic disease.**
- b. Not an admitted patient of a hospital or day-hospital facility.
- c. Has not previously received a health check under item 717. Note that if a GP is unsure whether a patient has previously received a health check under item 717, he/she may call Medicare Australia, with the patient present, on 132 011.

## COMPONENTS OF THE HEALTH CHECK

The health check **must** include:

- **Information collection;**
- **Assessment of the patient;**
- **Interventions as indicated; and**
- **Advice and information to the patient.**

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<sup>1</sup> Indigenous people aged 15-54 years are also eligible for a health check every two years under item 710

## Information collection

Taking a patient history or updating an existing history. (*mandatory*)

Relevant examinations and investigations based on information from the patient's medical, social and family history. (*mandatory*)

The following activities are recommended as part of the information collection:

### **History**

- Patient medical history and current health problems
- Family medical history
- Lifestyle risk factors (eg smoking, physical inactivity, poor nutrition, use of alcohol and other substances)
- Medication usage
- Immunisation status
- Psychosocial (eg depression and risk of self-harm)
- Sexual and reproductive health
- Family relationships (including whether the patient is a carer)
- Work, environment and living conditions
- Other history considered necessary by the practitioner

### **Examinations (as clinically relevant)**

- Measurement of blood pressure
- Measurement of height and weight to calculate BMI, and, if indicated, measurement of waist circumference for central obesity
- Sexual and reproductive health examination
- Urinalysis
- Other examinations considered necessary by the practitioner

### **Investigations (as clinically relevant)**

- Fasting blood lipids
- Fasting blood glucose
- Pap smear
- Testing for colorectal cancer and breast cancer for at risk patients
- Other investigations considered necessary by practitioner and in accordance with current recommended guidelines (eg Red Book, Green Book, SNAP Guide)

### Assessment of the Patient

Overall assessment of the patient's health, based on the history and results of any relevant examinations and investigations. (*mandatory*).

Assessment of the patient's readiness to make lifestyle changes where relevant.

### 3. Interventions as indicated and provision of advice and information to the patient

Discuss results of health check and recommended future action with the patient. (*mandatory*)

Provide, or put in place arrangements for, any interventions required (*mandatory*). These may include but are not limited to:

- Education, counselling or advice
- Patient self-management
- Initiation of treatment – this may include services covered by other MBS items such as attendance items, GP Management Plan and Team Care Arrangement items, incentive items for the management of diabetes and asthma, mental health items, etc.
- Referrals - to other medical practitioners and allied health professionals, and to specialised and social support services (such as smoking cessation services, diabetes services, local programs for physical activity, etc)

GPs are strongly encouraged to provide written information to the patient (including the use of the Lifescripts resources where relevant).

A record of the health check must be kept on the patient's file. (*mandatory*)