

YOUR HEALTH CHECK GUIDE

Your health needs change as you age.

This guide outlines what to check and when, so you can stay on track.



Use this guide as a starting point for a conversation with your GP or other health professional — and don't wait if you notice something unusual, even if it's not listed here.

Bring this guide to your next appointment and start the conversation about your health.

Challenge yourself to tick off all your checks this year.

	20-29	30-39	40-49	50-59	60-69	70+
Weight and waist measurement	<input type="checkbox"/>					
Blood pressure and cholesterol	<input type="checkbox"/>					
STIs	<input type="checkbox"/>					
Preconception health	<input type="checkbox"/>					
Mental health	<input type="checkbox"/>					
Skin cancer	<input type="checkbox"/>					
Testicular self-examination (do this one yourself)	<input type="checkbox"/>					
Diabetes	<input type="checkbox"/>					
Dental (see a dentist)	<input type="checkbox"/>					
Eye check (see an optometrist)	<input type="checkbox"/>					
Sexual function	<input type="checkbox"/>					
Bowel cancer		<input type="checkbox"/>				
Heart health			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kidney disease risk			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory changes			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Joint pain			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Urination changes or pelvic and/or lower back pain			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Urine loss after emptying your bladder			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hearing check (see an audiologist)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Liver function				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prostate health				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Immunisation updates				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep concerns				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bone density testing					<input type="checkbox"/>	<input type="checkbox"/>
Stroke risk reduction					<input type="checkbox"/>	<input type="checkbox"/>
Falls risk assessment					<input type="checkbox"/>	<input type="checkbox"/>
Cognitive health assessment					<input type="checkbox"/>	<input type="checkbox"/>
Iron levels						<input type="checkbox"/>

HOW TO PREPARE FOR A CHECK-UP

Write down any symptoms or concerns

Make note of your family health history

Ask your GP about lifestyle support, mental health or referral options

Seeing your GP regularly means small issues don't become big ones.

Book your check today — even if you feel fine.



Need more info? Visit seeyourgp.org.au

