

Yearly health check fact sheet

This fact sheet tells you about yearly health checks.

A yearly health check is when a doctor checks your health.

You should have a yearly health check even if you feel well. This is to check your health is good.

What happens at a yearly health check?

At your yearly health check, your doctor will:

- listen to your heart
- listen to your lungs
- check your blood pressure
- check other things about your health.

Why is it important to check your health every year?

A health check every year will help find sickness early. This makes it easier to treat.

Having a yearly health check is an important way to care for your health.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you](#).

This resource was made by

Council for Intellectual Disability

A disability rights organisation led by people with intellectual disability.

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