

# Types of health checks everyone needs

## About Easy Read

Easier words with pictures to help explain some ideas.

## Health checks you need

Woman with hearing aids having her blood pressure taken by a health professional wearing a white coat.

It is good to get your health checked often.

Checks can find sickness early.

They can help you stay healthy.

Having health checks is called preventative health care.

This fact sheet is about health checks you should have.

It talks about checks on your eyes, ear and teeth.

It also talks about cancer checks.

Its says talk to your doctor about health checks.

The guide says it is good to check your health at least once a year.

It is a good idea to have health checks even when you feel healthy. This kind of health care is known as preventative health care. Preventative health care helps you stay healthy.

This guide says that you should:

- get a health check from your doctor 1 time each year
- have the vaccines that your doctor says you need
- go to the dentist every 6 months
- get your eyes checked by an optometrist every 2 years
- ask your doctor if you should have your hearing checked
- have the cancer checks that your doctor says you need.

The guide says it is good to check your health often.

## **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**

### **Australian Government Department of Health, Disability and Ageing**

The Department of Health, Disability and Ageing works to get better health and **wellbeing**

**Wellbeing** is how you feel in your body and mind. It includes your health, your feelings, and how you manage everyday life.

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