

## What happens if there are some problems identified?

If the need arises arrangements will be put in place for referrals and follow-up of any problems identified by the Practice Nurse or the GP.

## How much will this cost?

Your GP may choose to either bulk bill Medicare or invoice you for the GP's involvement. Medicare benefits will cover \$60 and the patient will have to pay the GP for any gap.

## How often can the Health Kids Check be done?

The Healthy Kids check is available once only per child. It is not a annual health check

## What is "The Guide"

Every parent of a child who has the Healthy Kids Check will be given a copy of The Guide. It is not intended to cause concern or prompt parent/carers to make their own diagnosis of potential symptoms. Rather, the aim is to help parents/carers have a better sense of what they would expect in a four year old child and to encourage them to consult with their GP if they have any concerns with their child's health or development

### Practice details

Information in this brochure was obtained from the Department of Health and Ageing and Medicare Australia

More information is available at [www.health.gov.au](http://www.health.gov.au) and follow the A-Z links "E" then click on Enhanced Primary Care Program Overview and [www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au)



# What's A Healthy Kids Check ?

*Patient Information*



## Why should my child have a Healthy Kids Check?

The purpose of the healthy Kids Check is to ensure every four year old child in Australia has a basic health check to see if they are healthy, fit and ready to learn when they start school.

## Who is eligible for a Healthy Kids Check?

The Healthy Kids Check has been introduced for all four year old children who are permanent residents in Australia or who are covered by a Reciprocal Health Care Agreement. It is to be delivered in conjunction with the four year old immunisation.

## What does the health assessment include?

- ♣ Your Child's Doctor or the Practice Nurse will ask some questions regarding your child to create a history, or update an existing one. The questions will include family and environmental factors, medical and social history and lifestyle.

- ♣ You might be asked if you have any concerns about your child's
  - ◇ Behaviour
  - ◇ Development
  - ◇ Learning
  - ◇ Hearing
  - ◇ Speech

And if you might be asked if you are happy with the number of words your child uses and their understanding of directions.

The health check will also include the following basic physical examinations or questions:

- ♣ Height
- ♣ Weight
- ♣ Body mass index
- ♣ Eyesight
  - A visual inspection of the eyes. If appropriate a children's eye chart and asking parents if there are any family history of eyesight problems
- ♣ Hearing
  - A ear examination, questions to the parent about any concerns regarding the child's hearing or listening. Any history of ear infections, ear discharge
- ♣ Oral health of teeth and gums
  - How often has your child visited the dentist and how often do they brush their teeth

## What else could be included?

The health check may include some of the following according to the discretion of the GP or Practice Nurse.

### ♣ General Wellbeing

- ◇ Diet

The child's appetite, the variety of foods the child eats and the frequency of consuming processed foods

- ◇ Physical activity

The amount of time spent in active or energetic play and the amount of time spent in sedentary activities

- ◇ Lifestyle risk factors

### ♣ Developmental

- ◇ Developmental milestones
- ◇ Speech and language
- ◇ Fine and gross motor skills

E.g. picking up small objects, drawing or scribbling, walking, jumping, running, hopping, climbing stairs

- ◇ Behaviour and mood

E.g. sleeping, social and emotional well-being, energy levels, ability to separate from main carer