

WHAT OTHER HELP CAN I GET FOR MY CHRONIC CONDITION?

Integrated Team Care (ITC) is a program for Aboriginal and Torres Strait Islander people of any age with one or more of these chronic conditions:

- Diabetes
- Chronic respiratory condition (lungs)
- Cardiovascular condition (heart)
- Cancer
- Chronic renal condition (kidneys)
- Mental health conditions

HOW CAN ITC HELP ME?

Through the ITC program you will get help with:

- Transport to medical appointments
- Assistance with the costs to visit a specialist in a private practice
- Medical aids.

You will also have a Care Coordinator who will work with you to coordinate your appointments and help you to meet your health goals.

Aboriginal Outreach Workers will help you get to your appointments, help you understand what the doctor or health worker is saying and put you in touch with culturally appropriate health and community services.

For more information about ITC, talk with your GP or one of the organisations listed on the back of this brochure.

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FIRST NATIONS HEALTH

HUNTER NEW ENGLAND & CENTRAL COAST PRIMARY HEALTH NETWORK



First Nations Health Team in your area
Ph: **1300 859 532**

ITC- INTEGRATED TEAM CARE PROGRAM

Hunter Primary Care – NEWCASTLE
Ph: **02 4925 2259**

Yerin AMS – WYONG
Ph: **02 4351 1040**

Biripi AMS – TAREE
Ph: **02 6551 7444**

Healthwise – TAMWORTH
Ph: **02 6766 1394**

Tobwabba – FORSTER
Ph: **6555 6271**

Ungooroo – SINGLETON
Ph: **6571 5111**



FIRST NATIONS
HEALTH



First Nations Health & Wellness Check

WHY WOULD I WANT ONE?

THEPHN.COM.AU

WHAT IS A HEALTH & WELLNESS CHECK?

A Health & Wellness Check is a yarn between you and your GP or Nurse. In some cases it could be an Aboriginal Health Worker (AHW).

It is also a check of your health and social & emotional wellbeing and will help you learn more about your health and any risk factors.

WHAT WILL HAPPEN WHEN I HAVE A HEALTH & WELLNESS CHECK?

The GP or nurse will talk with you about your:

- family history
- medication history
- diet
- physical activity
- mental health
- social & emotional wellbeing and
- immunisations

And they will check your:

- height
- weight
- temperature
- blood pressure
- eye sight and
- ears

Sometimes they may do a finger prick test to check your blood sugar level (BSL) and offer you any immunisations you need.

WHAT WILL HAPPEN AFTER I'VE HAD MY HEALTH & WELLNESS CHECK?

The GP or nurse might want you to have more tests or see another health professional.

When you have a Health & Wellness Check, the GP can give you 5 enhanced primary care (EPC) referrals. These are referrals to allied health workers such as a:

- Podiatrist (for healthy feet)
- Dietitian (for healthy eating)
- Physiotherapist (help patients to manage pain and prevent disease)
- Psychologist (for mental health)
- Diabetes educator (for diabetes)

With an EPC referral, Medicare will pay some or all of the costs to see these allied health workers. Ask your GP if you will have to pay a gap fee (the difference between the allied health worker's fee and the Medicare payment).

If you have a chronic disease and a GP management plan, the GP can give you another 5 EPC referrals. If you don't have a GP Management Plan, or you don't know if you have one, ask your GP. A chronic disease is an illness that lasts longer than 6 months.

Sometimes it's good to see an allied health worker even if you're not sick as they can help you make better health choices. If you're not sure, talk to your GP.

WHO CAN HAVE A HEALTH & WELLNESS CHECK?

A Health & Wellness Check is for all Aboriginal and Torres Strait Islander people of any age.

DO I HAVE TO HAVE A HEALTH & WELLNESS CHECK?

It is not compulsory, but it will help you to identify and address any health issues or needs.

WHEN SHOULD I HAVE A HEALTH & WELLNESS CHECK?

Every 9-12 months

If there is anything in this brochure that you do not understand, talk to your GP, Nurse or Aboriginal Health Worker.

