

Health action plan

Use this plan to stay on top of regular health checks and make goals for a healthier you.

Health check	Frequency	My Plan (completed/ not a priority/ action)
Skin check	Every 1-2 years or more often if you notice changes in freckles or moles. Self-check your skin regularly.	
Dental	Routine check-ups every 6-12 months. Seek treatment from a dentist sooner if: <ul style="list-style-type: none"> • Pain in teeth or gums • Bleeding when eating or brushing teeth • Mouth ulcers (see a GP for treatment and clearance before seeing a dentist) 	
Vision and hearing	Every 2 years from 18-64 years, yearly over 65 years. Sooner if you notice changes to your hearing or vision or if your GP suggests this.	
Heart health	Every 2 years over the age of 45 or earlier if known family history.	
Sexual health	Regular check-ups for people who are sexually active.	
Bone density	If you are taking medication for osteoporosis, get checked every 1-2 years. If you are over 65 years talk to your GP about this.	
Type 2 diabetes	Every 3 years over the age of 40 (or over the age of 18 for Aboriginal or Torres Strait Islander people). For women who have had gestational diabetes they should have testing every 2-3 years post pregnancy.	
Podiatry	As needed. Annual check-ups for people with diabetes.	
Bowel cancer	Every 2 years over the age of 50. Talk to your GP about screening if you have risk factors or symptoms (E.g. family history, bleeding from bowel, recent or persistent changes to bowel pattern or abdominal pain).	
Prostate cancer (men)	Men should have exam over 50 years or earlier if diagnosed family history.	
Mammogram (women)	Every 2 years aged over 40 years.	
Cervical screening test (women)	Every five years from the age of 25. This may be more often if you've had HPV exposure or diagnosis.	

Talk to your GP about the health checks that you would like done. Contact Metro South Oral Health Hub (Ph: 1300 300 850) for dental care.

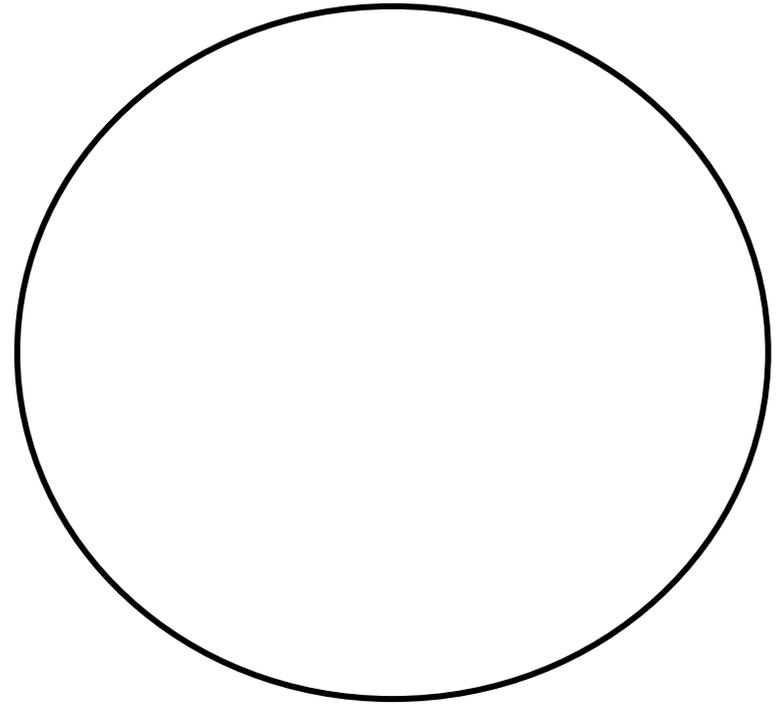
Working on a healthy me

Pick the areas of physical health that you would like to work on such as:

- diet
- physical activity
- sleep
- sexual health
- oral health
- alcohol and other drug use
- tobacco smoking
- medications
- leisure and social connection.

Divide the circle into segments based on how important each of the areas you want to work on are to you. The more of the circle that topic takes up the more important it is to you.

My goals:



Managing my current health conditions (e.g. diabetes, high cholesterol, high blood pressure)

	Health condition:	Health condition:
My goals for managing this condition		
I can achieve this goal by doing		
Support that I need		