

Comprehensive Health Checks

Supporting your long-term health and wellbeing

At St George Family Medical Centre, we offer comprehensive health checks designed to identify health risks early, keep track of ongoing concerns, and support you in maintaining a healthy lifestyle. These checks give you and your doctor a full overview of your current health and help guide personalised care plans.

What Is a Comprehensive Health Check?

A Comprehensive Health Check is a detailed assessment that looks at your overall health, medical history, lifestyle factors, and potential risks for future illness. It goes beyond a standard appointment, allowing your doctor the time and tools to fully assess your wellbeing.

Who Should Have a Health Check?

Comprehensive health checks are suitable for:

- Adults wanting a proactive approach to their health
- Patients with chronic health conditions
- People with a family history of medical conditions such as heart disease, diabetes, or cancer
- Anyone who hasn't had a full health review in the past 12 months

Some health assessments may be eligible for Medicare rebates depending on your age, health risks, or circumstances.

What's Included?

Your health check may include:

- Blood pressure and cardiovascular risk assessment
- Blood tests (cholesterol, blood sugar, kidney/liver function as needed)
- Height, weight, BMI, waist circumference
- Review of medical history and medications
- Lifestyle assessment (diet, physical activity, sleep, smoking, alcohol)
- Mental health and wellbeing screening

- Diabetes and heart disease risk evaluation
- Cancer screening recommendations (bowel, breast, cervical, skin)
- Immunisation review
- Personalised health goals and action plan

Your doctor will discuss the results with you and work with you to develop a clear plan to maintain or improve your health.

Why Are Health Checks Important?

Regular comprehensive checks help to:

- Detect health issues early
- Monitor changes over time
- Reduce the risk of preventable diseases
- Support long-term wellbeing
- Provide peace of mind with a complete health overview

How Long Does It Take?

Most comprehensive health checks take 30–45 minutes and may include both a nurse assessment and a follow-up with your doctor.

Booking a Health Check

To arrange a comprehensive health check, please contact our reception team or book online.

If you're unsure which assessment you are eligible for, our staff can guide you.



