



Health Checks

'Regular health checks allow health professionals to identify risk factors and detect potential diseases or conditions. This further allows for effective treatment management plans to be implemented as soon as possible'

Do you have a previous history or family history of high blood pressure, high cholesterol or diabetes?

Have you had your blood pressure checked recently?



Health checks should be performed every six to twelve months by your treating general practitioner. In the assessment, lifestyle, exercise and diet habits are discussed. This is usually supported with measures of height, weight, blood pressure, cholesterol, glucose and hip/waist circumference.

To enquire regarding REDIMEDs health checks please email wellbeing@redimed.com.au



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