

Your health in good hands

Our dedicated and experienced preventive health nurses are here to help you manage any conditions, ensure any chronic conditions do not impact your quality of life and keep you at your optimum health.

We provide ongoing treatment and care, as well as help you maintain and meet health goals with our proactive management approach. Where necessary this includes the following services:

- 👤 Allied Health support (physiotherapy, dietician, occupational therapist, psychologist)
- 💧 On-site pathology
- 💉 Vaccines & immunisations
- 🏠 Radiology & Xrays
- 📱 CMxConnect telehealth app
- 📄 Ongoing management plans
- 📋 Healthy Eating & Lifestyle Program (HELP)
- 🔍 Screening for chronic disease

With an evidence-based approach, we also use analytic tools to help improve diagnosis and visibility patterns in your medical history to ensure your health is managed thoroughly.

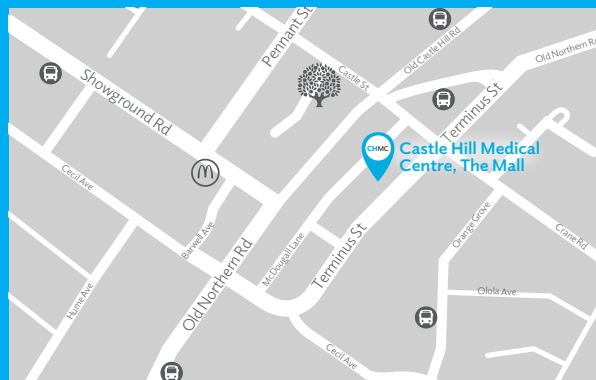
Book an appointment today for your next health check, make an online appointment at chmc.com.au or call 9634 5000.

HELP

Designed to empower you towards optimal health and wellbeing, Castle Hill Medical Centre offers Healthy Eating & Lifestyle Program delivered by our health professionals. It reduces risk factors associated with being overweight.

OPTIMISE YOUR HEALTH AT HOME

- Maintain a balanced diet
- Maintain physical and mental health through regular physical activities and social interactions
- Aim for at least two alcohol-free days per week
- Make sleep a priority
- Check your skin regularly for unusual moles or freckles
- Quit smoking



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CASTLE HILL MEDICAL CENTRE THE MALL



Your ongoing health
in good hands

**DON'T DELAY YOUR CARE.
BOOK YOUR NEXT HEALTH CHECK.**

Early detection and prevention save lives





Regular health checks are not only helpful in identifying underlying medical conditions, but also guide you to fast recovery and help you maintain and/or improve your overall health and wellbeing.

According to the WHO, health is state of complete physical, mental, and social well-being—not just the absence of disease or infirmity. To achieve good health, you need regular physical activity, healthy diet, good mental health and regular health checks.

At Castle Hill Medical Centre, we provide tailored care to transform your health. Our holistic approach includes a dedicated **Preventative Health Team** who action an effective preventative health plan to help ensure long term health benefits to our patients.

What to expect during a health check?

During a health check, your doctor will discuss:

-  Your medical history
-  Your family's medical history
-  Your health and sleep
-  Your diet, weight, physical activity and lifestyle choices



Are you due for a health check?

Preventive care is increasingly important as we age. To help ensure long term health benefits, our team carry out regular health checks as part of your preventative health plan (bulk-billed).

45-49 HEALTH ASSESSMENT

If you are between 45-49 years old, our team can help assist you in lifestyle changes to prevent or delay the onset of chronic disease. Alongside your GP, our preventative health team conduct a

comprehensive assessment to identify your risk factors of chronic disease, and what you can do to maintain your health and wellbeing.

75+ HEALTH ASSESSMENT

If you are aged 75 years or older, your in-depth assessment identifies any health issues and conditions of concern, and looks at prevention or improvements for your wellbeing and quality of life. By identifying risk factors, we can help you implement changes and tools to manage them.

Discuss your preventative health plan with your GP. They can arrange an appointment for you with our Preventative Health Team.