

HEALTH ASSESSMENT ON ARRIVAL IN AUSTRALIA – Information for Ukrainian arrivals (786 visa holders)

Soon after you arrive in Australia, you will be offered an appointment to see a Doctor and a Nurse for a 'Health Assessment'. In Australia we call a family Doctor a "GP".

Even if you are not sick, it is important for you and your children to attend these Health Assessment appointments. It is not mandatory but is recommended to check your health, get prescriptions for medicine and treatment if you need it. Your GP will also decide if there is a requirement to see a Specialist and organise a referral.

I already had a check with a Doctor/BUPA so why do I need another one?

You may have had medical checks when you arrived in Australia. These BUPA medical checks are related to your visa application and are not a general health and wellness check.

The health assessment is a health and wellness check that includes different tests to check your health and connect you with other health services or recommended health screening programs (like dentist or optometrist). The health assessment links you with a GP that you can continue to see for ongoing care.

What is a health assessment?

The health assessment is for each person who arrives in Australia, including children. It may **take up to one hour or more**. It may include the following:

- Questions about your health
- Physical check up
- Collecting blood, urine and poo samples
- Vaccinations.

A nurse and/or a GP may ask if experiences from the past are affecting how you feel and how you are settling into life in Australia. There are specialised services that can help you with this stress.

Sometimes you may need more than one visit to the GP for the health assessment appointments.

Why do I need vaccinations?

- Getting vaccinated is the best and safest way to protect yourself, your children and the whole community.
- To enrol in school and childcare it is best if your child is fully vaccinated.
- To receive some Centrelink payments, your child needs to be fully vaccinated.

You must complete the **course** of vaccinations.

If your child is completing their vaccinations, Centrelink may need a letter of proof from their GP to state this so that your payments continue.

I already had some vaccinations so why do I need to have them again?

There are some vaccines given in Australia that you or your child may not have been offered before.

If you can provide a translated record of you and your child's vaccines, these can be entered into the Australian Immunisation Register by your GP and may not need to be repeated. You can get your records translated for free. It may take up to 30 days. <https://translating.homeaffairs.gov.au/en/about-this-service/> You can start this translation process if you are on 449 or 786 visa.

What should I bring with me to my appointment?

- Medicare card, or number, if available
- Vaccination records and information about your medical history if you have them
- Health Care Card (if you have one)

What happens after the health assessment appointment?

The nurse or GP may ask you to come back when the test results are ready. This is so that any treatment or referrals can be organised for you.

Does it cost to get a health assessment?

No, this health assessment is free.

But if you are referred to further tests such as X-rays and scans or to see a Specialist, these appointments may not be fully covered by Medicare and you may have to pay a fee. Ask your GP for advice and check with the service if they bulk bill.

Will my health affect my visa?

No.

All information and health check results are confidential and cannot be given to people who are not involved in your health care without your permission. Health workers are not allowed to discuss your medical problems with anyone, apart from other health care workers involved in your care. The information will not affect your residency status in Australia

What can I do if I don't speak or understand English?

If English is not your first language, an interpreter can help you to speak to and understand health care workers. Please ask the health service to book an interpreter or call the **Telephone Interpreter Service (TIS)** on **131 450**. The Interpreter service is free for your GP to use.

Translated Health Information www.healthtranslations.vic.gov.au