



Easy Read Guide

## Regular Doctor Check-up



### What is a check-up?

- A check-up is a visit to the doctor to make sure you are healthy.
- The doctor will talk to you and check your body to see if everything is okay.
- You don't need to be sick to have a check-up. It is a way to stay healthy.



### Why are check-ups important?

- Check-ups can find health problems early.
- When problems are found early, it is easier to get the right help.
- Regular check-ups help you stay healthy and feel good.
- For people with intellectual disabilities, check-ups are important because:
  - You might not always notice changes in your body.
  - The doctor can explain how to take care of your health.



### How to feel comfortable

- Bring a support person if you want help during the appointment.
- Tell the doctor if you feel nervous. They are there to help you.
- You can ask the doctor to explain things in a way you understand.



## When should you have a check-up?

- Most people should visit the doctor once a year for a check-up.
- You might need more check-ups if:
  - You have a health problem.
  - The doctor asks you to come back.



## Tips to stay healthy between check-ups

- Eat healthy foods like fruits and vegetables.
- Drink water every day.
- Exercise regularly, like walking or dancing.
- Get plenty of sleep.
- Tell someone if you don't feel well.

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**Remember: Going to the doctor regularly helps you stay healthy and happy. It's always okay to ask for help or more information.**

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### Need help?

- Talk to a family member, friend, or support worker about making a doctor's appointment.
- Ask them to help you write down your questions or go with you to the appointment.

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### Contact Information

If you want to ask a question about this guide or make a complaint, you can contact:

The Chief Executive Officer (CEO) by sending an email to [manager@p2pqld.org.au](mailto:manager@p2pqld.org.au)

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