

### *My health record*

My Health Record is an electronic record that stores shared health summaries. A shared health summary is a clinical record written by your primary healthcare provider such as your GP. It is a summary of your health status at a single point in time. It can include information like known allergies and adverse reactions, medications you are taking and your immunisations. Your shared health summary is available to hospital practitioners if you present or are admitted to hospital giving them access to your medical history as displayed in your health record.

You are able to view your shared health summary via MyGov

### *My Medicare*

My Medicare is a free voluntary program linking you to your Doctor at your regular practice. If the Doctors at Woodburn Health are your regular health care providers, we recommend you register. When you register it will notify us that you have chosen Woodburn Health as your regular care team.

This improves the flow of information between your hospital stay and Woodburn Health it also assists with additional funding from the government to help us provide the care you need.

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## *Advance Care Directive*

### **Should you have an Advanced Care Directive? Speak with your GP today**

An Advanced Care Directive (ACD) is important to have before a serious illness, injury, or medical emergency occurs. It allows you to clearly document your preferences for medical treatment and end-of-life care, ensuring your wishes are respected if you cannot communicate them yourself.

Having an ACD provides peace of mind for you and guidance for your family and healthcare team. It's important to discuss your ACD with your GP and provide them with a copy, so they can support your choices and ensure your care aligns with your wishes.

## *Immunisation Updates*

### **Children & Adolescents**

- **Prevenar 20** now replaces Prevenar 13 in the schedule (from Sept 2025).
- **Flu vaccine** recommended for all children 6 months – < 5 years.
- **Catch-up:** Free for anyone < 20 yrs who's missed vaccines.

### **Pregnancy**

- **RSV vaccine (Abrysvo)** now recommended from 28 weeks gestation.
- **Influenza + Whooping cough** (pertussis) vaccines remain routine.

## *Chronic Condition Management Plan*

A Chronic Condition Management Plan is a personalised care plan (CP) created to help you manage long-term health conditions. Recent changes allow patients with 1 chronic condition to be eligible for a CP.

Having a GPCCMP is an opportunity to discuss your health goals and the treatments and services you may need, as well as discussing any screening (Immunisations, skin check, blood tests) that you may be due for.

This plan helps coordinate your care, gives you access to Medicare-funded allied health services (like physiotherapy or podiatry) and provides comprehensive health support.

## *Why Men Should See Their GP*

Regular check-ups help you **stay healthy and catch problems early** — even if you feel fine.

Your GP can help with:

- **Heart health** – blood pressure, cholesterol, diabetes risk
- **Mental health** – stress, mood, sleep
- **Prostate and testicular checks**
- **Sexual health** – erections, libido, STIs
- **Lifestyle advice** – weight, exercise, alcohol, smoking
- **Preventive care** – skin checks, bowel screening, vaccinations

A quick visit each year can make a big difference.

### ***Lung Cancer Screening***

*The government are offering FREE lung cancer screening for eligible people.*

*Early lung cancer screening uses, low-dose CT scans to detect signs of the disease in high-risk individuals, even before symptoms appear.*

*To check your eligibility and to get a referral, speak to your doctor. The scan which takes 10-15 minutes can lead to earlier treatment and better outcomes*

*Post Natal Depression.*

### **Signs of Post Natal Depression — When to See Your GP**

It's normal to feel tired or emotional after having a baby, but if you're feeling persistently sad, anxious, overwhelmed, or unable to enjoy things you usually would, it could be a sign of post natal depression. Other signs include changes in appetite, trouble sleeping (even when baby sleeps), withdrawing from family and friends, or having thoughts of harming yourself or your baby.

If these feelings last more than two weeks or start affecting your daily life, it's important to speak to your GP. Getting help early means you can start feeling better sooner — for yourself and your family. Your GP can support you with treatment options and connect you to helpful resources.