



THRIVE
FAMILY PRACTICE

Thrive Family Practice Care Plan

Improving your Health with a PLAN or Health Check

If you have a chronic health condition or health issues which may increase your risk of a chronic health condition, we can work with your health goals with a plan or health check. General Practice Management Plans, Team Care Arrangements and Health Checks are **Bulk Billed** and have **NO out-of-pocket costs**.

General Practice Management PLAN (GPMP):

This is a plan developed by you, your GP and your primary health care nurse. It will help to manage your health and achieve your health goals. The plan will identify what actions need to be taken and what Allied Health Services you may need. Once the plan is completed you will need to sign the form and you will be given a copy, The nurse will arrange a follow up appointment to review the plan and see how it is working for you.

Team Care Arrangement (TCA):

A team care arrangement is usually done at the same time as a GPMP. Other specialist doctor or allied health workers will be identified as part of your "team" who will help to manage your health and achieve your health goals. TCAs require two health workers in addition to your GP to make up your team.

Medicare rebates are available to assist you with up to five allied health service per year once a GPMP and TCA are in place. The **allied health worker will often charge a gap**, please ask your nurse if there will be any extra costs or check with the allied health worker.

Medicare Registered Allied Health Professionals include:

Physiotherapists, Exercise Physiologists, Podiatrist, Speech Pathologists, Occupational Therapists, Diabetes educators, Dietitians, Aboriginal Health Workers, Audiologists, Mental Health Workers, Psychologists, Chiropractors.

Preventive Health Checks:

Medicare funds particular health checks such as Over 75 Health Checks, 45-49 Health Checks and Aboriginal and Torres Strait Islander Health Checks. These are a very useful way to identify that may lead to chronic health problems and prevent them.

Which allied health professionals or other specialist doctors do you already see to manage your health?

1.

2.

3.

4.

5.

On a scale 1 – 10

If 10 on the scale below is the best your health can be and 1 is the worst your health can be, put a mark on the line underneath the numbers to rate your overall health.

1 2 3 4 5 6 7 8 9 10

If 10 on the scale below is the best your quality of life can be and 1 is the worst your quality of life can be, put a mark on the line underneath the numbers to rate your overall quality of life.

1 2 3 4 5 6 7 8 9 10

If 10 on the scale below is the best your diet / nutrition intake can be and 1 is the worst your diet / nutrition can be, put a mark on the line underneath the numbers to rate yourself

1 2 3 4 5 6 7 8 9 10

If 10 on the scale below is the best your movement or exercise can be and 1 is the worst your movement or/and can be, put a mark on the line underneath the numbers to rate yourself.

1 2 3 4 5 6 7 8 9 10

If 10 on the scale below is the best your sleep can be and 1 is the worst your sleep can be, put a mark on the line underneath the numbers to rate yourself.

1 2 3 4 5 6 7 8 9 10

If 10 on the scale below is the best your stress can be and 1 is the worst your stress can be, put a mark on the line underneath the numbers to rate yourself.

1 2 3 4 5 6 7 8 9 10

If 10 on the scale below is the best your social connection (intimate partner, family, friends, community) can be and 1 is the worst your social connection can be, put a mark on the line underneath the numbers to rate yourself.

1 2 3 4 5 6 7 8 9 10

If 10 on the scale below is the best your social connection (intimate partner, family, friends, community) can be and 1 is the worst your social connection can be, put a mark on the line underneath the numbers to rate yourself.

1 2 3 4 5 6 7 8 9 10

If 10 on the scale below is the best free of substances (smoking, alcohol, sugar and processed foods) can be and 1 is the worst it can be, put a mark on the line underneath the numbers to rate yourself.

1 2 3 4 5 6 7 8 9 10

Health Goals:

Your personal health goals are very important to the success of the plan.

Please list three changes you want to work towards in the next 3-12 months, if you have ideas about how you might achieve these changes write them down. Discuss these goals with the primary health care nurse, doctor and allied health worker, they will give you more ideas about what you can put in place to achieve your goals. Write down the good ideas so they don't get lost.

1.

2.

3.