



### Healthy Kids Check for 4 Year Old Children

If your child has had their third birthday and has not yet turned five, you may wish to arrange for them to have a Healthy Kids Check provided by your local GP or practice nurse.

A Healthy Kids Check is available to all children at or around the time of their 4 year old immunisation and helps to ensure that children are healthy, fit and ready to learn when they start school.

### What is the aim of a Healthy Kids Check and what does it include?

The aim of the Healthy Kids Check is to improve the health and well-being of Australian children and promote early detection of lifestyle risk factors, delayed development and illness. It also provides the opportunity to discuss with your family doctor or practice nurse guidance on healthy lifestyles and early intervention strategies for your child.

A Healthy Kids Check will include an assessment of your child's height and weight, an assessment of their eyesight, hearing and oral health and discussion about their toilet habits and known or suspected allergies.

### How do I arrange a Healthy Kids Check for my child?

If you would like your child to receive a Healthy Kids Check you should speak to your GP or family medical practice first to arrange an appointment.

If your child is Aboriginal or Torres Strait Islander, you may wish to ask for your child to receive an Aboriginal and Torres Strait Islander Child Health Assessment. If you would like your child to receive this health check, you should speak to your GP or family medical practice first to arrange an appointment.

### Would I be eligible to receive a Medicare rebate for a Healthy Kids Check?

The Healthy Kids Check should be delivered before or at the same time as the four year old immunisation in order for you to receive a Medicare rebate. If your child has not already received this immunisation, you should arrange for them to have one through your family medical practice or immunisation clinic.

