



Australian Government
Department of Health and Ageing

Are you aged 45 to 49 years?

Would you like to...

- quit smoking?
- lose weight?
- become more active?
- have a health assessment to help plan for the future?

9 in 10 Australians in this age group have a risk factor for chronic disease (e.g. asthma, heart disease and diabetes)*.

But the good news is that the Medicare 45–49 year old health check now could add years to your life.

ASK YOUR DOCTOR TODAY ABOUT YOUR MEDICARE HEALTH CHECK

*Based on data showing 94% of males and 89% of females in the 45–54 age range have at least one risk factor for cardiovascular disease. (RACGP, 2007. Available at: www.racgp.org.au/clinicalresources/45. Accessed: 7 October 2007)