**BE PROACTIVE ABOUT YOUR HEALTH**

Being proactive about your health and getting regular advice, check-ups and screening tests will help you stay healthy and make healthy lifestyle choices. So be sure to check it, don’t regret it!

**PREVENTIVE MEDICAL HEALTH CHECKLIST**

The following checklist can serve as a useful reminder to get your health checked. Start by booking an appointment with your GP.

### PREVENTIVE HEALTH CHECKLIST

<table>
<thead>
<tr>
<th>WHAT</th>
<th>HOW OFTEN</th>
</tr>
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<tbody>
<tr>
<td><strong>ALL AGES</strong></td>
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<tr>
<td>Regular check-ups with your GP – discuss diet, exercise, smoking and alcohol intake. Check weight, height, BMI, waist circumference</td>
<td>Yearly</td>
</tr>
<tr>
<td>Blood pressure check</td>
<td>Every 2 years</td>
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<tr>
<td>Screening for sexually transmitted infections</td>
<td>As needed</td>
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<tr>
<td>Talk to your GP about mental health concerns</td>
<td>As needed</td>
</tr>
<tr>
<td>Talk to your GP about family and domestic violence</td>
<td>As needed</td>
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<tr>
<td><strong>STARTING FROM AGE 40-50 YEARS</strong></td>
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<tr>
<td>Comprehensive cardiovascular risk assessment (heart health check)</td>
<td>Every 2 years</td>
</tr>
<tr>
<td>Cholesterol check</td>
<td>Every 5 years (or more frequently if needed)</td>
</tr>
<tr>
<td>Check for risk of developing diabetes</td>
<td>Every 3 years</td>
</tr>
<tr>
<td>Talk to your GP about kidney health and bone strength</td>
<td>Regularly</td>
</tr>
<tr>
<td>Discuss any changes to your urinary flow or frequency</td>
<td>When needed</td>
</tr>
<tr>
<td><strong>65 YEARS +</strong></td>
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</tr>
<tr>
<td>Talk to your GP to make sure your immunisations are up to date</td>
<td>Regularly</td>
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<tr>
<td>Discuss exercise with your GP</td>
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</tr>
<tr>
<td>Raise any concerns about mobility/balance, hearing or dental health with your GP</td>
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</table>

### CANCER SCREENING

<table>
<thead>
<tr>
<th>WHAT</th>
<th>HOW OFTEN</th>
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</thead>
<tbody>
<tr>
<td>Faecal occult blood test (bowel cancer screening)</td>
<td>Every 2 years from 50 to 74 years old (if not at increased risk)</td>
</tr>
<tr>
<td>Consider skin check for skin cancer</td>
<td>Self-examine skin for concerning changes yearly</td>
</tr>
<tr>
<td>Mammograms (breast cancer checks) – women only</td>
<td>Every 2 years from 50 to 74 years old (if not at increased risk)</td>
</tr>
<tr>
<td>Cervical screening test (similar to ‘pap smear’) – women only</td>
<td>Every 5 years (from 25 to 74 years old)</td>
</tr>
</tbody>
</table>

*Source: RACGP Guidelines for Preventative Activities in General Practice*

**REMEMBER: CHECK IT, DON’T REGRET IT**

Note: Any advice given during Staff Wellbeing Month is of a general nature and should not be relied on by any individual in their personal circumstances.
HOW CAN WE SUPPORT YOU AT MQ?

There are a range of services available on campus to help proactively manage your wellbeing.

SPORT AND AQUATIC CENTRE
E: macsport@mq.edu.au
T: 9850 7626
W: macq.it/sport

Get active, keep fit, make use of our wonderful facilities on campus:
- Indoor and outdoor heated pools
- Fitness classes
- Staff membership rates
  – save 30 per cent

CENTRE FOR EMOTIONAL HEALTH
E: ehc.admin@mq.edu.au
T: 9850 8711
W: macq.it/ceh

You can achieve emotional health by learning to manage anxiety, depression and other emotional issues through our therapy services:
- Little Kids, Cool Kids and Cool Kids Chilled (Teens)
- Study Without Stress
- Ageing Wisely

EMPLOYEE ASSISTANCE PROGRAM
Benestar
E: benestar@mq.edu.au
T: 1300 360 364
W: benestar.com

Six free confidential counselling sessions are available to staff and their immediate family. Support is available face-to-face, by phone or online:
- Self-assessments – stress test, financial fitness test
- BeneHub resource portal: benestar.com/user/login?current-node/25
- MyCoach for individuals and leaders
- staff.mq.edu.au/work/wellbeing/employee-assistance-program

MQ HEALTH
E: info@mqhealth.org.au
T: 9812 2990
W: mqhealth.org.au/heal

Access to experts on campus:
- Macquarie University Hospital
- Cardiology clinic
- Exercise physiology clinic
- General practice
- Haematology clinic
- Healthy weight clinic
- Kidney and hypertension clinic
- Lymphoedema clinic
- Neuropsychology clinic
- Nutrition and dietetics clinic
- Ophthalmology clinic
- Physiotherapy clinic
- Plastic and reconstructive surgery
- Preventive health clinic
- Psychology clinic
- Shoulder and elbow clinic
- Speech and hearing clinic
- Urology clinic

HEALTH INSURANCE: MEDIBANK
E: info@mqhealth.org.au

Find out more about our preferred health provider:
- Nine per cent discount for all MQ staff
  – book an appointment with our Medibank consultant to find out more.
- Do your own health risk assessment online today
- Look at the Live Better portal for some great resources: mq.medibank.com.au

STUDENT WELLBEING
E: wellbeing@mq.edu.au
T: 9850 7497
W: macq.it/studentwellbeing

For resources and information to support students visit the website and for the WellbeingWISE online course on mental health visit: macq.it/studentcounselling

SUSTAINABILITY
E: carewise@mq.edu.au
T: 9580 4771
W: macq.it/sustainability

Be good to yourself, to others and the planet and help us build a better future: Community volunteering (Staff members receive two days volunteer leave per year – why not use it?)
- Sign up for the bush care session and help preserve our campus.

MACQUARIE UNIVERSITY HEARING
E: hearing@mq.edu.au
T: 9850 8709
W: mq.edu.au/hearinghealth

Macquarie University Hearing is a global hub of hearing and hearing-related research, education and engagement.

MQ HEALTH SPEECH AND HEARING CLINIC
E: shc@mqhealth.org.au
T: 9850 2900
W: mqhealth.org.au/heal

To make an appointment contact the MQ Health Speech and Hearing Clinic located in the Australian Hearing Hub.

STAFF WELLBEING PROGRAM
‘A BETTER YOU AT MQ’
E: abetteryouatMQ@MQ.edu.au
T: 9850 9716
W: mq.edu.au/wellbeing

Look out for our health and wellbeing series of seminars and activities throughout the year aimed at sharing wellbeing advice.

For more information about our wellbeing program and for all upcoming events please visit our website.