

# Do you identify as Aboriginal and/or Torres Strait Islander?

To see if you are eligible or for more information, take this brochure to your Medical Centre and ask about the Closing the Gap Program.

Across the Sunshine Coast and Gympie Districts, the Closing the Gap Program is supported by many Medical Centres and by your local Aboriginal Community Controlled Organisation-North Coast Aboriginal Corporation for Community Health (NCACCH).



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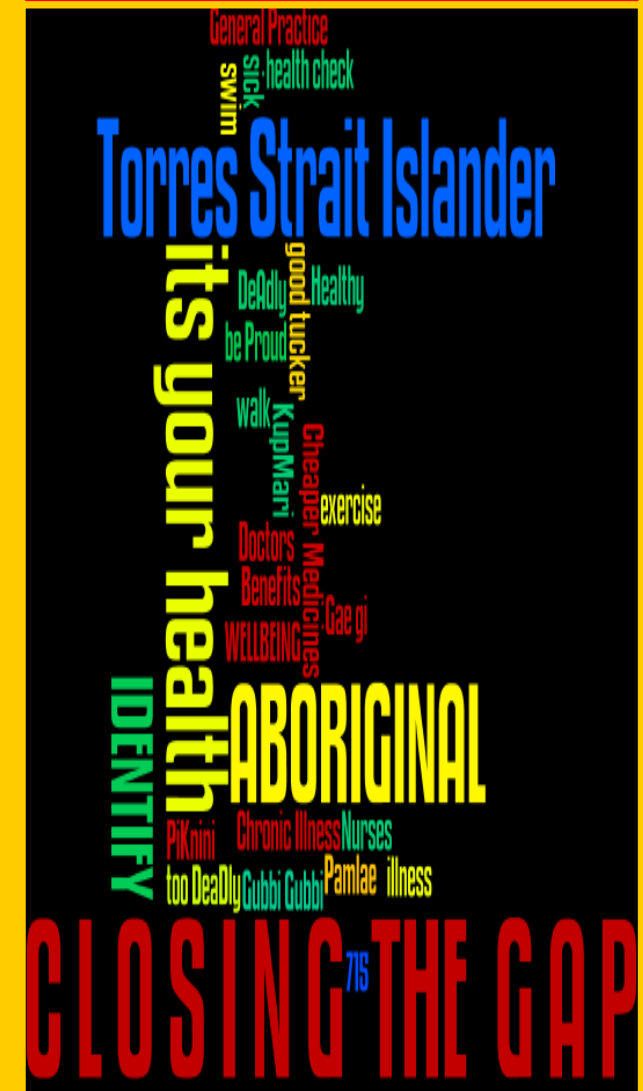
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## Tackling Chronic Disease and Access to Cheaper Medicines





# CLOSING THE GAP - is one program with two parts



## What is a Chronic Disease?

A chronic disease is a medical condition that you have had, or are likely to have for six months or longer.

Some Chronic Diseases include:

- ◆ Asthma
- ◆ Depression
- ◆ Cancer
- ◆ Stroke
- ◆ Diabetes
- ◆ Heart Disease

## What is an Aboriginal and/or Torres Strait Islander Health Check?

A Health Check (715) is when your Doctor, with the Nurse or Aboriginal Health Worker, does a full check on your health. This includes your physical health and your social and emotional wellbeing.

They also assess what preventive activities or other assistance you might need to stop you getting sick or to improve your health.

Once a year all Aboriginal and/or Torres Strait Islander Peoples can have a full health check.

**Don't be shame; your health is important!**

## PBS Co-Payment Measure Scheme

This is to assist Aboriginal and/or Torres Strait Islander Peoples to pay for their medications. This means better health care management.

To access free or reduced cost medications you must meet the following:

- ◆ Identify as Aboriginal and/or Torres Strait Islander
- ◆ Have an existing chronic disease or be **at risk** of a chronic disease
- ◆ Register and provide consent at the Medical Centre of your usual Doctor (once only)
- ◆ Have a current Medicare Card

There are many reasons why you may be at risk of developing a chronic disease.

Some examples are if you:

- ◆ Smoke
- ◆ Don't exercise regularly
- ◆ Don't eat healthy foods regularly
- ◆ Are overweight
- ◆ Have a family history of chronic disease

## Indigenous Health Incentive

This means that your Doctor will help you to improve your health by completing a Health Management Plan with you. A referral may be given to you so that you can access other health professionals to help you with your condition.

To be eligible you need to:

- ◆ Be aged 15 years or over
- ◆ Identify as Aboriginal and/or Torres Strait Islander
- ◆ Have an existing chronic disease
- ◆ Register and provide consent at the Medical Centre of your usual Doctor (every year)
- ◆ Have a current Medicare Card

Your Doctor or Practice Nurse will ask that you attend regular appointments. They will monitor your progress which will benefit you in your own health care.



## Do you identify as Aboriginal and/or Torres Strait Islander?

Have a yarn with your Doctor for more information and see if you are eligible for one or both parts of the Closing the Gap Program.

