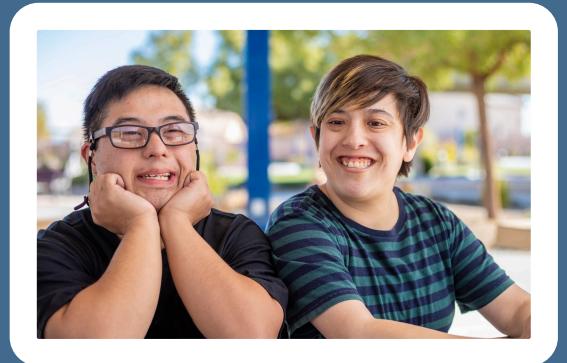


Your health is important



Better health care for people with intellectual disability





What helps you stay well?

Yearly health checks

- Visit your doctor every year for a health check.
- You should get a health check even if you feel well.
- You can book longer appointments to talk to your doctor about your health.

'Easy read' health fact sheets

The Council for Intellectual Disability has made fact sheets to help you stay healthy.

My Health Matters folder

Print out an 'easy read' folder, fill it in, and take it with you to your appointments.

You have a right to access health services and have good health care.

While the Australian Government helped fund this document, it has not reviewed the content and is not responsible for any injury, loss or damage however arising from the use of or reliance on the information provided herein.



