

My name is Hannah.



I recently moved to adult health services.



I talk to my GP about my health.



Sometimes my GP may suggest I see other health workers for extra support.



Other health workers can include: speech pathologists, occupational therapists, social workers, and podiatrists.



Other health workers will ask me if it is okay to share information about my health with my GP.



I visit my GP at least one time per year for a health check.



Sometimes my health check is done over a few appointments.



It is important that I have a yearly health check, even if I feel well.



We all have a right to have good health care.



Moving to adult health services can feel like a big step for some people.



Speak to a trusted person if you have questions or something does not feel right.

