A general practitioner can help you:

• Stay healthy—reminding you when you are due for regular health checks, blood tests and medication reviews
• If you have concerns about your physical, emotional or psychological health
• If you get sick with the flu, stomach bug, sore throat or are just not feeling well or happy
• Through an ongoing illness such as asthma, allergies, diabetes, weight management or psychological wellness
• With sexual health, contraception, pregnancy and how to stay sexually healthy
• If you need support in your life or you are concerned about your feelings or stress levels.

Finding a general practitioner that suits your needs

You may wish to consider a G.P. that:

• You feel comfortable with and trust
• May bulk bill your visits
• Will link you to other appropriate health professionals with your consent
• Will know your health history
• Is close to your home or work
• Offers an after-hours service in case of emergencies.

Recommendations from family or friends could help you find a general practitioner, or you may like to chat with other health professionals such as pharmacists, nurses or hospital staff.

Other things you may wish to consider when looking for a G.P.

Does the G.P.

• Focus on you as a whole person and not just your illness?
• Listen and give you time to explain how you are feeling?
• Offer and discuss different options that may help?

A G.P. can help

Your local doctor can help you maintain your physical and mental wellbeing at times when you are not feeling the best. If you take the time to find a doctor you like and trust it will mean you have better access to good quality health information and it may prevent unnecessary hospital visits.