

Things to Consider when Choosing a GP

Confidentiality

It is important to find a GP that is right for you. Your choice might be based on a number of things such as:

- How comfortable you feel with the GP
 - Whether you want a GP with particular skills or expertise
 - The gender of the GP
 - Language spoken by the GP
 - Whether you want a GP close to home
 - Friendliness of staff
 - Whether they bulk bill or not*
- * With bulk billing the GP bills your consultation fee to Medicare rather than collecting the fee from you.

Remember, in Australia, the choice is yours. If for whatever reason you're not happy with your GP you have the right to change to a new GP.

You can ask your local chemist, family and friends to suggest someone that they know or see. You can also ask your Community Health Centre for a list of GPs in

It's important to remember your GP is required to keep your information confidential, unless you or someone else is considered in grave danger. GPs will ask for your permission before sharing information about you or your condition with anyone, even a specialist.



HealthOne Auburn - A partnership between:

NSW Health
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WSP-068



Having your own Family Doctor

*your key to good health for
you and your family*

HealthOne
AUBURN

Health
NSW GOVERNMENT
Western Sydney
Local Health District

How can your family doctor help you?

Family doctors in Australia are known as General Practitioners (GP). A GP is a doctor with skills in caring for many different health problems in all age groups.

GPs help you to manage and improve your health and the health of your family by providing information, advice, treatment and referrals.

What can GPs do?

- ✓ Help determine your health problem
- ✓ Arrange diagnostic tests to find out more about your health condition
- ✓ Treat your health condition
- ✓ Prescribe medications
- ✓ Give you support and advice in relation to your health and wellbeing.
- ✓ Refer you to other health and community services
- ✓ Refer you to medical specialists

What if your not sick?

Even when you are well you need to have a GP.

The GP can:

- ✓ Immunise you and your family
- ✓ Check your child's health and development
- ✓ Treat non-serious accidents
- ✓ Advise you about sexual health and contraception
- ✓ Advise you about diet, nutrition, exercise and relaxation
- ✓ Advise you on smoking, alcohol and other drug use
- ✓ Provide general health checkups
- ✓ Advise you on how best to stay healthy
- ✓ Advise and support you about your personal concerns and stresses

Why should you have a regular GP?

Seeing the same GP over a long period of time helps build trust so you feel more comfortable talking openly about personal matters that you might need help to manage.

Your GP gets to know you and your family. They understand your family history, your medical history and your personal situation. This helps them work with you to determine the treatment or help you may need.

Having a regular GP enables you and your GP to work together to make the right decisions about your health.

