



## Pop-up clinics to check in on your health

16 August 2021

Gippsland Primary Health Network (Gippsland PHN) is partnering with Federation University to deliver pop-up health checks to the Latrobe community.

Portable health check clinics will be ‘popping up’ in the major towns of Traralgon, Morwell and Moe offering free, 15-minute health checks by nursing students from Federation University - supervised by a registered nurse.

The nurses will conduct a basic check that will potentially identify any early warning signs. If required, the nurse will recommend a visit to a local health service for a more comprehensive assessment.”

Gippsland PHN Chief Executive Officer, Amanda Proposch, said the aim of the initiative was to increase awareness amongst the community that regular health checks with a doctor or nurse could help identify early signs of illness or disease.

“This free, 15-minute health check could help to identify the warning signs of various conditions such as diabetes, heart disease and some cancers, that when found early, treatment may be more successful,” she said.

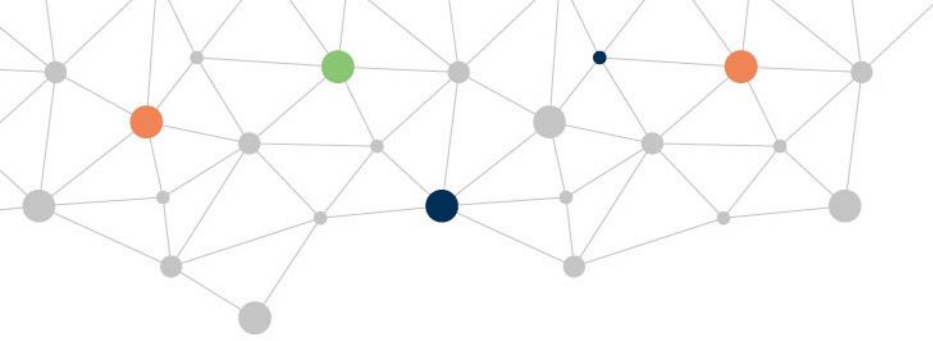
“The pop-up health clinics are also providing student nurses with the opportunity to put some of their learnings into practice. It’s a great partnership that we hope will yield some very positive results for everyone involved.”

What’s included in a pop-up health check? For just 15 minutes of your time, you will have your blood pressure, blood glucose level and blood cholesterol levels checked, your waist circumference measured, Body Mass Index (BMI) calculated and vital signs monitored. You will also have the opportunity to talk to a student nurse about preventative health and strategies you can put in place to ensure you stay healthy.

**The first pop-up health check clinic will open in Traralgon tomorrow until Saturday 4 September at 57 Seymour Street. Hours of operation will be Tuesday to Friday 11am – 5pm and Saturday 9.30am – 1.30pm.**

“It’s important to have a health check, even if you feel healthy,” Ms Proposch explained.

“If you can’t make it to one of our pop-up health check clinics, you can ask your General Practitioner or nurse for a health check at any time.”



Other activities will also be conducted at the pop-up clinics at various times to promote local services, increase awareness and provide information on a range of lifestyle related illnesses and conditions.

**ENDS**

*Gippsland PHN is part of a national network of 31 Primary Health Networks across Australia. Primary Health Networks are predominantly funded by the Australian Government to tackle identified national objectives and priority areas. Visit: [gphn.org.au](http://gphn.org.au)*

***For more information, contact Tracy VanderZalm at Gippsland PHN on 0447 491 345.***