

A cartoon that shows what happens at a yearly health check

[Watch video](https://www.youtube.com/watch?v=FZfXwKAb7hE)(<https://www.youtube.com/watch?v=FZfXwKAb7hE>)

This video says that yearly health checks can help you stay healthy and feel your best.

The video is a social story about a man named Oliver who has a yearly health check.

Oliver goes to the health check with his supporter, Laura. Laura checks with Oliver before she goes into the doctor's office with him. It is Oliver's choice whether he sees the doctor with Laura or sees the doctor alone.

Oliver's mum has helped him prepare for the doctor's visit. They have completed a form that helps Oliver know how to answer the questions the doctor asks.

You can watch the video to help you get ready for a yearly health check.

[Easy Read fact sheet about yearly health checks](#)

We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability
- Made to help, not for profit

- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you](#).

This resource was made by

Inclusion Australia

Inclusion Australia is the national voice of people with intellectual disability and their families.

- [Inclusion Australia](#)