



Easy Read

## Finding a GP



A **GP** is a local doctor. They are also called a general practitioner.

It is important to find a GP who will be your regular doctor.

This factsheet will tell you about how to find a GP.



Everyone should have a GP.

If you do not have a GP you should find one as soon as you can.



Choose a GP who

- Makes you feel comfortable
- Respects you
- Listens to you
- You can trust



Your GP is the first person to go to when you feel sick.



Your GP can help with all areas of health.

They can help with both physical health and mental health.



Your GP can refer you to other doctors or health care staff when you need.

Your GP will work together with them.



If you have one regular GP you see every time you will not need to tell someone new all about your health and your life.



You need to find the right GP for you.

If you have a good relationship with your GP you will be more in control of your health.



### How to find a GP

There are different ways you can find a GP.

You can ask family or friends who live near you who their GP is.



You can talk to your ACI Transition Coordinator if you have one or call Trapeze on **(02) 9382 5457**.



You can try searching on these websites

- [www.healthdirect.com.au](http://www.healthdirect.com.au)
- [www.healthengine.com.au](http://www.healthengine.com.au)



## Going to appointments at your GP

Most GP appointments will go for 5 – 15 minutes.

If you think you will need more time ask for a long appointment.



It is a good idea to be polite to the receptionist.

They can help you with getting an appointment time.

If you can't make it to your appointment make sure you call and let them know.

You should make a new appointment time.



## Cost of seeing the GP

The cost of seeing the GP can be different from one GP to another.

Some GPs 'bulk bill' which means you don't have to pay any money.

Other GPs will charge you a price.



Ask the receptionist if the GP will 'bulk bill'.

If the GP does not bulk bill, ask how much the appointment will cost.

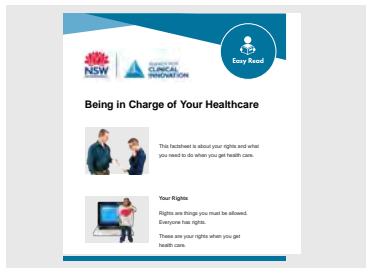
Ask if you can get any money back from Medicare.



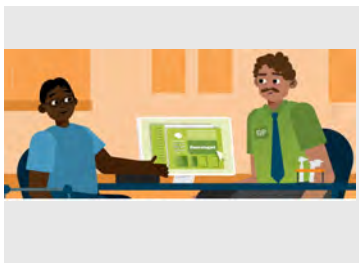
Even if the GP does not usually bulk bill you can still ask if they will bulk bill for you.

Tell them if you have a Health Care Card.

For more information you can read these fact sheets and watch these videos



Being in charge of your healthcare.



Videos on finding a GP and referrals

