

# Having a regular GP can help you effectively manage your physical and mental health.

## A regular GP can:

Conduct or monitor regular health checks and important immunisations

Provide up-to-date health advice

Help you manage your health needs

Assess risk factors and develop an action plan to enhance your health

Provide a safe space to discuss your health needs and concerns

**This Men's Health Week book an appointment with your regular GP or find a local GP for an initial check-up.**

# MEN'S HEALTH WEEK 2023 June 12-18

# HEALTHY HABITS

For more information, visit [healthdirect.gov.au/mens-health](https://healthdirect.gov.au/mens-health)



**2023 INTERNATIONAL  
MEN'S HEALTH WEEK**  
#menshealthweek



**CENTRE FOR  
MALE HEALTH**

