

## MBS Item 709 & 711 - Healthy Kids Check

The purpose of the Healthy Kids Check is to ensure that every four year old child in Australia has a basic health check to see if they are healthy, fit & ready to learn when they start school. This check will promote early detection of lifestyle risk factors, delayed development & illness, & introduce guidance for healthy lifestyles & early intervention strategies.

Parents/ guardian must be given an explanation of the health check process, its benefits & must consent to the procedure.

### **Patient Eligibility**

The patient must be four years old, and not yet received the Healthy Kids Check (The Medicare rebate is payable only once for any eligible patient). The Healthy Kids check is to be given in conjunction with the four year old immunisation.

### **Medicare Rebate**

MBS Item 709 & 711 fee = \$45 each (Both attract a 100% Medicare rebate)

Benefit: 100% = \$45

The time the patient spends receiving a service from the practice nurse is itemised separately under item 711 & should not be counted as part of the Medicare item claimed for time spent with the GP.

Item 10990 or 10991 (bulk billing incentives) can be claimed in conjunction with items 709 & 711 provided the conditions of item 10990 & 10991 are satisfied.

### **Activities included in the health check**

The healthy kids check must include;

- Information collection, including taking a patient history & undertaking examinations & investigations as required;
- The basic physical examinations & assessments
- Initiating interventions &/or referrals as indicated;
- Providing health advice & information to the patient's parents/guardian, utilising the Department's publication on developing healthy habits for the kids (the guide) & other relevant information (such as a parent/guardian-held child health record)

***N.B: The GP or Practice Nurse is required to note if a copy of the Department's publication on developing healthy habits for kids (the guide) has been provided to the patient's parent/guardian, also note that the four year old immunisation has been given (including evidence provided).***

### **GP & Practice Nurse Role**

The GP undertaking the health assessment should generally be the 'usual doctor'. The health check can also be undertaken on behalf of the GP by a practice nurse; however the GP still holds responsibility for the patient's health, safety & clinical outcome.

Undertaker of the Health check must include;

- Take/ Update patient history, assessment of the child's development
- Physical examinations & assessments;

#### ***Physical Examinations & Assessments***

- Height and Weight
- Eyesight
- Hearing
- Oral health (teeth and gums)
- Toileting
- Allergies

#### ***Additional Matters for considerations***

- Diet
- Physical Activity
- Lifestyle and risk factors
- Developmental milestones
- Speech and language
- Fine and Gross motor skills
- Behaviour and mood

**For a comprehensive explanation of the item numbers, please consult the MBS schedule and explanatory notes at <http://www.health.gov.au/mbsonline>**