



Finding a youth friendly doctor

It's important to have a local doctor, also called a General Practitioner or GP, that understands your health needs and whom you are comfortable with and feel you can trust. Their role is to coordinate your health care by looking after your physical and mental health and referring you to other services as needed.

Your GP is the person:

- to contact if you start to feel unwell
- to work with you to stay in control of your health.

Your GP should:

- make you feel comfortable
- **listen to you and talk with you.**

Having a good relationship with your GP will help you stay in control of your health. You have the right to change GP's if you're unhappy. You also have the right to disagree with a recommendation from your GP or ask for a second opinion.

Appointments

Between 5 and 15 minutes long.

Ask the receptionist to book a longer appointment if you need more time.

Be friendly and polite to the receptionist who is the gatekeeper of the medical practice.

Be sure to cancel an appointment if you can't attend.

Some practices have a nurse that you can see.





Costs

The cost of seeing a GP varies with each medical practice.

- 'Bulk bill' – no out-of-pocket cost to you as the appointment is covered by Medicare.
- No 'bulk bill' – difference between what GP charges and Medicare covers so there is a gap you have to pay

Don't be afraid to ask if the GP can bulk bill you, especially if you have a Health Care Card.

Questions to ask yourself

Do I feel comfortable with my GP?

Does my GP explain my choices in a way I understand?

Can I talk to my GP about embarrassing topics?

Can I get appointments when I need them?

Does my GP take me seriously?



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