The Hills Medical

November 2026 Newsletter

Welcome to The Hills Medical monthly newsletter, your source for the latest news and insights from our medical clinic. Stay informed about health updates and new services.

3 year old Healthy Kids Check

We are pleased to introduce the Medicare Healthy Kids Check for 3-year-olds, a fully funded health assessment service launching on 1 November 2026. This check is designed to support your family by monitoring your child's general health, wellbeing, and early development at this exciting stage of life.

During the appointment, your general practitioner or practice nurse will look at several key areas of your child's growth.

What the Check Includes

- **Growth and Physical Health:** Measuring height, weight, and assessing general physical wellbeing.
- **Developmental Milestones:** Reviewing your child's progress in movement, play, behavior, and social interaction.
- **Communication and Senses:** Screening for speech, hearing, and vision development where appropriate.
- **Daily Routines:** Discussing everyday habits, including nutrition, sleep patterns, and toileting or urinary continence.

Family and Environment: Reviewing family relationships, environmental factors, and ensuring your child's immunisations are up to date.

Iron Infusions

Iron is essential for healthy red blood cell production, energy levels and overall wellbeing. When iron levels are low, you may experience symptoms such as tiredness, weakness, dizziness, headaches, shortness of breath or difficulty concentrating. While iron tablets are often the first treatment, they may not be suitable or effective for everyone.

At **The Hills Medical**, we provide **iron infusions in our clinic** for patients who may benefit from intravenous iron. An iron infusion delivers iron directly into the bloodstream, allowing your body to replenish its iron stores more efficiently. Your doctor will review your symptoms, medical history and blood test results to determine whether an iron infusion is appropriate for you.

Our experienced medical team will explain the treatment process, answer any questions you may have and monitor you throughout your infusion. If you have ongoing symptoms or have been told that your iron levels are low, **speak with one of our doctors to find out whether an iron infusion may be suitable for you.**

Australian Government

my medicare

Stronger links between you and your primary health care team

We are participating in MyMedicare. Patients who are signed up to MyMedicare can receive

- Better continuity of care with us
- Longer funded telehealth consultations with your GP.

Register in your Medicare Online Account or Express Plus Medicare Mobile app or ask us for more information.

The Independent Health Practitioners offer comprehensive men's health care at The Hills Medical. Services focus on preventative measures, early detection, and tailored treatments for men's health concerns. From routine check-ups to specialised screenings, the doctors provides personalised care, addressing issues such as cardiovascular health, prostate screenings, and mental well-being. We prioritize open communication, ensuring that patients feel comfortable discussing any health-related concerns.

We are dedicated to providing excellent healthcare service.

For more information visit our website: hillsmedical.com.au