



EASING BACK & JOINT PAIN

Back pain affects around 4 million Australians at any given time. The good news is that staying gently active is one of the best things you can do — and most cases improve significantly with the right support.

Evidence shows that staying gently active, with appropriate guidance, leads to better outcomes than bed rest. Depending on the cause, physiotherapy, exercise physiology, or hydrotherapy can make a real difference.

A GP Chronic Condition Management Plan may unlock up to five subsidised allied health visits per calendar year — including physio and exercise physiology for those whose back or joint pain has become a chronic condition. One appointment with your GP is all it takes to get started.

GP action step: Ask your GP about a chronic condition management plan if back or joint pain has been affecting your daily life.

[Learn more about managing back pain →](#)

NO MORE CHASING YOUR RESULTS

Since 1 July 2026, pathology and imaging providers now upload your results to [My Health Record](#) by default. Most blood tests, urine tests, and limb X-rays appear as soon as they're ready. Biopsies, genetic tests, and scans like CT/MRI have a 5-day delay so your GP can review first.

Less chasing results, better-coordinated care. You stay in control — tell your provider if you'd rather a result stay private.

Your next step: Set up [My Health Record](#) or the [1800MEDICARE app](#).

[Learn more about the changes →](#)

YOUR HEALTH



BREAST HEALTH: WHAT EVERYONE SHOULD KNOW

Breast cancer is the most common cancer among Australian women, with around 20,000 new diagnoses each year. The good news is that when detected early, survival rates are excellent.

[BreastScreen Australia](#) offers free mammograms every two years for women aged 50–74. Women aged 40–49 are also eligible — speak to your GP about whether screening is right for you at this stage. No referral is needed. Book online or call 13 20 50.

Regardless of age, it's worth being familiar with how your body normally looks and feels. Any new lump, change in shape, nipple discharge, or skin change is worth reporting to your GP promptly.

[Book your FREE mammogram →](#)



HEALTH TIPS

Keep your back in shape

- Check your chair, desk and screen height.
- Screen at eye level. Looking down strains your neck.
- Move every 30 minutes.
- A strong core supports your spine all day.



ECZEMA & DRY SKIN IN WINTER

Cold air and indoor heating are a tough combination for skin. Winter is the season when eczema and dry skin flare-ups are most common, as the skin loses moisture more quickly in low humidity environments.

A few simple habits help: moisturise immediately after showering while skin is still damp, use fragrance-free products, and keep showers short and lukewarm.

If your eczema is flaring and over-the-counter creams aren't helping, your GP can recommend prescription options that make a real difference.

Could You

Be Eligible? The recommendations have changed.

New pneumococcal vaccine recommendations came into effect on 1 July 2026.

Speak with your GP to see if you're eligible.

You may now be eligible if you are:

- ✓ 65 years or over
- ✓ An Aboriginal and Torres Strait Islander adult aged 25 years or over
- ✓ An adult with certain medical risk conditions