Medicare Healthy Kids Check

Information for parents and carers of 3-year-old children



What is the Healthy Kids Check?

This is a new Medicare Healthy Kids Check for 3 year old children. It began on 1 November 2026 and is part of the Australian Government's *Thriving Kids* program.

The check looks at your child's health, growth and development. It can help identify whether your child may benefit from extra support or further assessment.

Every child develops at their own pace. This is not a pass-or-fail test. It is a chance to talk about your child's strengths, their development and any concerns you may have.

This health check meets the **Healthy Start for School** health check requirements for Family Tax Benefit Part A. If Services Australia asks you to confirm you have had the check, notify them after the check has been done.

Before the appointment

You may be asked to complete some parent questions. Answer as best you can. If you are unsure, you can leave a question blank.

Bring your child's Blue Book and any relevant reports, if you have them.

At the appointment

A GP, nurse, or medical practitioner, will review your child's health, growth and development.

They will talk with you about any concerns.

They will agree on a management plan with you, if needed.

They may complete the plan below for you to take home.

phn NORTH COAST
An Australian Government Initiative

Healthy North Coast is an independent, not-for-profit organisation proudly delivering the PHN Program in North Coast NSW. We are committed to improving the health of our communities through quality primary health care. The PHN Program is an Australian Government initiative.

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Medicare Healthy Kids Check

Your child's assessment summary and plan

Concerns identified / recommended actions:

_____

_____

_____

_____

_____

_____

_____

Next immunisation due: _____

Further information and support

☐	**Raising Children Network** Practical advice about preschooler health, behaviour and development.	
☐	**Raising Children Network** How you can help your child grow and develop between 3 and 4 years.	
☐	**Thriving Kids** Information about child development and available supports. **Phone: 1800 882 436**	
☐	**Thriving Kids Autism Helpline** Autism-specific information and support. **Phone: 1300 654 789**	
☐	**Other:**	
☐	**Other:**	

Your GP has ticked the resources recommended for your family