

My team *is* **BRHS**

Improving the health and wellbeing of the East Gippsland community by providing accessible, high quality and sustainable health care.



We welcome feedback at:

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**Women's Health
Community Health**

The information in this brochure is intended as a guide to one of the services provided by BRHS and is correct at the time of publishing.

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Bairnsdale Regional Health Service is located on the traditional land of the Gunaikurnai people.

What is Women's Health?

This service is run by specially trained Women's Health nurses. They see women and girls to answer their questions or worries about any women's health topics. The nurses also do health checks for women.

What we do?

- Pap Tests.
- Pregnancy Tests.
- Blood pressures.
- Breast health and breast cancer support.

What do we talk about?

- Problems you may have with your periods.
- Birth control methods.
- Young people's health.
- Infections spread through sex.
- Getting ready for pregnancy.
- Midlife changes.
- Vaginal health.
- Older women's health.

What is the cost?

- \$12.00 Concession per visit
- \$20.00 Non Concession per visit
- Free under 16

Women's health clinics.

- Mondays 9am – midday and Thursdays 9am – 4pm.
- Lunchtime and after work appointments are available on request.

Group Talks.

The nurses are also available to talk on Women's health at your Group, Organisation or Work place.

The Community Health Centre is open

Monday to Friday 8.30am to 4.30pm

Ross St, Bairnsdale



We want to make sure you are involved with the treatment you receive by helping you do as much as you can for yourself to help you stay independent.

Right from the start we will talk with you about why you have been sent to us and what you want to get out of your visit. With your help we will work out a care plan to help you reach your personal goals.

You might like to think about this before your visit and bring your ideas with you.