



Your physical wellbeing is just as important as your mental wellbeing

See your GP every 6 months for a physical health assessment.

If you don't have a regular GP, ask the mental health services for support to find one.



www.sahealth.sa.gov.au/MetabolicHealth



This document has been reviewed and endorsed by SQCAG* for consumers and the community — July 2021.



Government of South Australia
SA Health