

# Neami Health Prompt

supported by Equally Well

[neaminational.org.au/healthprompt](https://neaminational.org.au/healthprompt)



# About the Neami Health Prompt

The Neami Health Prompt is Australia's first physical health needs identification tool designed specifically for a community mental health setting.



Since its launch in 2012, the Health Prompt has helped health professionals have meaningful conversations that support better health outcomes for people accessing community mental health and social services.

These conversations have made a real difference – helping individuals identify and address physical health concerns by connecting with primary health care providers, General Practitioners (GPs), allied health professionals, alternative practitioners and other relevant services.

In 2025, the Health Prompt was refreshed through a co-design process with the support of Equally Well, ensuring it reflects the needs of the people it's designed to support. We're proud to share this updated tool, to help strengthen health responses and improve outcomes for people with complex needs.

## Background

We developed the Health Prompt in response to evidence that people living with serious mental health challenges experience higher rates of physical illness, delayed diagnosis and reduced access to care.

It draws on existing health information resources including the One Minute Health Check, ReThink Health Check, Service Coordination Tool Templates, the Australian Alcohol Guidelines and the Go for 2&5 campaign.

## Aims

The Health Prompt aims to:

- support people to take an active role in their physical health
- improve physical health outcomes
- increase regularity and quality of health checks
- build health literacy and confidence for both consumers and staff
- strengthen referral pathways to health and wellbeing services
- promote inclusive, respectful conversations about health
- identify physical health gaps that people may want to address.

## How to use the health prompt

The Health Prompt is designed to be completed together with the individual.

While it includes a structured set of questions, it is not a formal assessment. It's a conversation tool that supports reflection, choice and shared understanding.

People are not required to answer every question and can skip any that don't feel relevant or comfortable.

If time is limited, you can begin by completing the first page, which focuses on health checks and preventive screening. This section can help identify immediate health priorities. You're welcome to return to the remaining sections later, when the person feels ready or when time allows. The goal is to support a respectful, person-led conversation – not to complete everything at once.

We encourage you to offer the Health Prompt every six months, or more often if people's health needs or circumstances change. It's designed to be flexible and responsive to each person's situation.

## Practice support

We encourage workers to use the Health Prompt as part of ongoing conversations about wellbeing. Responses can help inform health goals, referrals and your organisation's efforts to promote health in the community.

An Information and Practice Guideline will support you to use the Health Prompt, and includes:

- using the health prompt in a person-led way
- best practice provision
- providing follow-up and support
- integrating the tool into everyday support work
- working with diversity and inclusion.

We recommend staff receive training in having health conversations and understanding the physical health needs of people living with mental health concerns.

Platforms such as the Mental Health Professional Online Development Program (MHPOD) offer free, evidence-based modules to support this learning.

**“The Health Prompt helped me understand what I'd been putting off and what supports are available, and motivated me to explore ways of improving my physical health.”**

– Dave Peters, mental health consumer



### More information

If you have questions about using the Health Prompt or would like to discuss how it can support your work, contact [practice@neaminational.org.au](mailto:practice@neaminational.org.au)

# Neami Health Prompt

We know screening questions can feel personal. To make sure they're relevant and affirming, please support people to answer based on their own understanding of their body and anatomy.

Legal name:		Preferred name:	
Date of birth:		Consumer ID:	
How do you describe your gender?		What pronouns do you use?	
Date completed:		Review date:	

## Section 1: Navigating health care and support

Questions	Yes	No	Skip	N/A
Do you feel confident navigating the health system (such as finding services, making appointments or understanding referrals)?				
Do you feel health professionals (such as General Practitioners) listen to you and support your physical health needs?				
Do you feel you have enough information about the medications you are currently taking, including their side effects?				
Do you have access to gender-affirming or gender-inclusive healthcare services?				

## Section 2: Health checks and preventive care

Questions	Yes	No	Skip	N/A
Have you had a general health check in the last 12 months? Generally, this includes blood pressure, lung function and blood tests such as cholesterol and blood glucose.				
Do you feel supported to understand or manage your risk of diabetes or heart disease?				
Have you been offered a free National Lung Cancer Screening (aged 50+ and those who meet eligibility)?				
Do you feel your bladder and bowel function is consistent and comfortable for you, without any discomfort or changes that concern you?				
Have you been offered a free National Bowel Cancer Screening (age 45+ every 2 years)?				
Have you been offered a free National Cervical Cancer Screening (Pap smear) relevant to you (age 25+ every 5 years)?				
Have you been offered a free National Breast Cancer Screening (mammogram) relevant to you (age 40+ every 2 years)?				
Do you feel your skin is healthy and comfortable for you, without any changes that feel concerning?				
Have you been offered a free skin screening check?				
Have you been offered recommended vaccinations relevant to you (such as Flu, Pneumonia, COVID or HPV vaccine)?				
Do you have access to sexual health information or services that meet your needs?				
Has a pharmacist or General Practitioner talked with you about reviewing your medications in the past year?				
Have you been able to access a dental check-up in the last 6 months?				

### Section 3: Your daily life and wellbeing

Questions	Yes	No	Skip	N/A
Do you get the chance to do regular movement or exercise that feels good for you?				
Do you feel you have access to a variety of foods that support your needs, preferences, and circumstances?				
Are you usually able to eat enough food across the week in a way that feels nourishing?				
Do you feel you drink enough water each day?				
Have you been a non-smoker / non-vaper for the last 10 years?				
Have you been offered free smoking cessation support or Nicotine Replacement Therapy (NRT)?				
Do you feel supported to talk about alcohol and other substance use if it is impacting your wellbeing and relationships?				

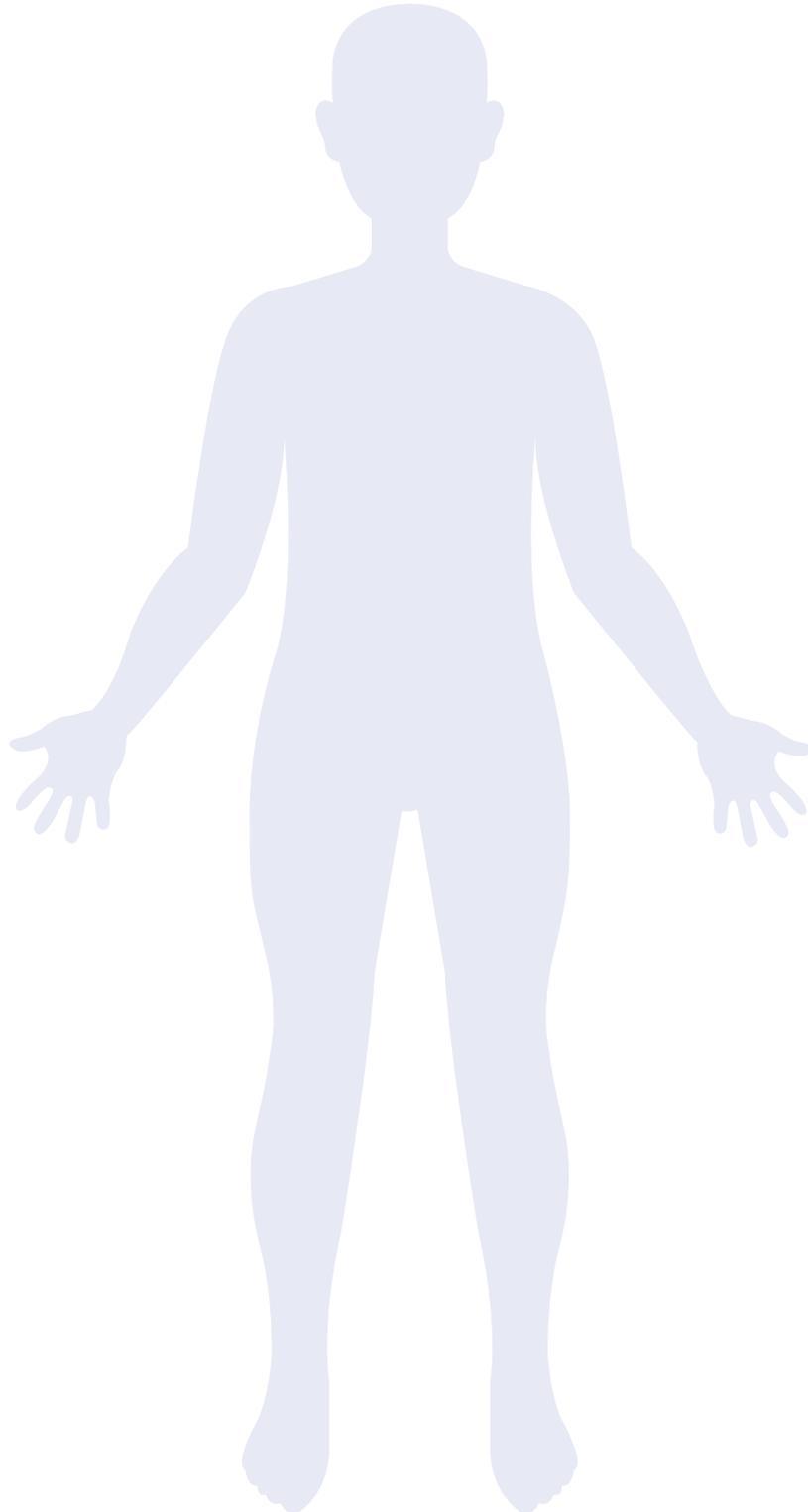
### Section 4: Pain, movement and understanding your body

Questions	Yes	No	Skip	N/A
Do you feel safe and stable when moving around?				
Do you feel your body is generally free from sores, swelling or ongoing pain?				
Do you feel your sleep supports your energy and wellbeing?				
Do you feel your body is supporting your wellbeing, without any recent changes in weight or shape that feel concerning?				
Are your teeth and gums free from pain, bleeding or discomfort?				
Do you feel confident in your vision and ability to read or see clearly?				
Do you feel your hearing supports your communication and daily life?				



# Sample Body Chart

Please indicate on  
the picture below areas  
on your body that you  
may be feeling worried  
or concerned about



## Section 5: Your health story and next steps

**What feels most important to you about your physical health right now?**

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**What helps you feel safe, respected, and heard when talking about your health?**

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**What kind of support and next steps would be helpful for you right now in relation to your health?**

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**Please share any other health concerns**

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## About Neami National

We're big believers in everyone having the opportunity to live a full life. We support people to achieve wellbeing and mental health outcomes that matter to them.

We are proud to provide services across Australia for mental health and wellbeing, housing and homelessness, and suicide prevention.

Our approach is based on evidence and we value lived and living experience. At the heart of our approach is an understanding that relationships involving care and connection are vital to mental health and wellbeing.

[neaminational.org.au](http://neaminational.org.au)

## About Equally Well

Equally Well is a dynamic collective of change makers working to improve physical health equality for people living with mental health conditions.

We are over 100 organisations focused on exploring multidisciplinary solutions to reduce the life expectancy gap for this group of Australians.

Equally Well is funded by the Australian Government Department of Health, Disabilities and Ageing.

[equallywell.org.au](http://equallywell.org.au)



We acknowledge Aboriginal and/or Torres Strait Islander peoples and communities as the Traditional Custodians of the land we work on and pay our respects to Elders past and present. We recognise that their sovereignty was never ceded.



Neami National is committed to cultivating inclusive environments for staff, consumers and carers. We celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.