

“Check yourself, before you wreck yourself” Comedian Sean Choolburra urges mob to get a regular 715 health check

Deadly comedian Sean Choolburra and his family live a healthy life.

As a performer and professional dancer, he knows that what you put into your body matters to your overall health.

Yet at aged 50, he'd never undertaken a full 715 health check.

Designed as a preventative health check for Aboriginal and Torres Strait Islander people, a 715 health check provides a comprehensive annual health assessment for people of all ages and is free at Aboriginal Medical Services and bulk billing clinics.

Going into the check for the first time, Sean said he did feel a bit nervous.

“I know my health is pretty good, but I am actually a little bit nervous to see what the results are,” says Sean.

Aboriginal Health Practitioner Hannah Moore says fear or nervousness can be a real barrier for the community.

“I think fear of the unknown is what stops people from having a 715 health check done. They don't know what to expect,” says Hannah.

“But it's so important for people to have their 715 health checks done, as it is a good screening tool to keep on top of your health. A lot of people don't see a doctor regularly, but with a 715, we are able capture all their health checks in one go.”

After completing his 715, Sean says there's nothing to be afraid of.

“It was what I expected - I had my hearing checked, my eyesight checked, and I thought my eyesight has been getting worse, but apparently Dr. Prabash says I have great eyes. No joke, I do have great eyes,” says Sean.

“I'd love to bring my kids in because they seem to not hear me. And they don't seem to see their clothes all over the floor and their empty cups. I think they're the ones who need their eyes and hearing checked!” Sean jokes.

Sean's message to the mob is simple.

“You ain't got no problem checking yourself out in the mirror! So why not check yourself out with the Doctor too?”

“Check yourself, before you wreck yourself. Look after yourself because we need deadly black people like you.”

Further information, including resources for patients and health practitioners is available at www.health.gov.au/715-health-check.