

# SET YOURSELF FREE!

**GET YOUR OWN MEDICARE  
CARD FROM THE AGE OF 15**



[www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au)



13 20 11

## **To apply for your card go to your nearest Medicare Office.**

You will need to fill out the form called 'copy or transfer from one Medicare card to another' and bring two forms of identification with you (like a birth certificate, student card, health care card, driver's license or passport).

You can also choose to stay on your parent's card and have a copy made to keep with you (you don't need identification to do this).

If you choose to post the form to Medicare, you can download it from [www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au) but you need your identifying documents certified (ask an adult to help you with this) and attached to your form.

You can also get a card if you are a New Zealand citizen or have been given or have applied for a permanent residency visa. In special situations some people can get their own card if they are under 15.

For more information, please call Medicare on 13 20 11

## **You have the right to...**

- ✱ see a doctor/health worker that you trust who respects your opinion
- ✱ ask for someone else's opinion
- ✱ have your information kept private *(there are exceptions where your safety or the safety of others are at risk, your doctor/health worker should explain this. If they haven't, ask them to)*
- ✱ ask any questions and get information in words you understand
- ✱ ask for an interpreter
- ✱ get important information written down for you to take home
- ✱ change your mind and stop any treatment
- ✱ have a friend or family member with you when seeing the doctor/health worker
- ✱ ask about costs, side effects and different choices for treatment
- ✱ make a formal complaint to the Health Services Commissioner about the treatment you received.

Young people from the age of 14 (sometimes younger) are able to see a doctor or health care worker confidentially and make decisions about their health if the doctor thinks they can understand their health problems and the treatment options. Often the doctor will encourage young people to involve their parent or guardian - if so they will discuss this with you.

## **Visiting the doctor**

When you go to the doctor, remember to take your Medicare Card. If you need to go to a doctor and you do not have a Medicare card, the doctor's receptionist can take your name and call the Medicare hotline to get your or your parent's/guardian's Medicare number.

## What is bulk billing?

Bulk billing is when the total cost of seeing the doctor is paid for by the government. Not all health services bulk bill, but many doctors will bulk bill young people under 16 years and health care card holders and/or students.

Before you make an appointment with the doctor ask if they bulk bill. If they don't, ask them to explain the costs involved and how to get some of your money back from Medicare.



**Kids Help Line:** **1800 551 800**  
**www.kidshelp.com.au**

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**Life Line:** **13 11 14**  
**www.lifeline.org.au**

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**NSW Sexual Health Infoline:**  
**1800 451 624**  
**www.stipu.nsw.gov.au/shil**

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**Reach Out:** **www.reachout.com**

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**Headspace:** **www.headspace.org.au**

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**Health**

South Eastern Sydney  
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**caah**  
the children's hospital at Westmead  
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*For more copies of this card phone (02) 9845 3338*