

MEDICAL ASSESSMENT PROCESS

An information sheet for Defence candidates

The ADF Careers medical assessment aims to determine whether a person meets the medical requirements for ADF service. The ADF's entry medical requirements were developed by health specialists with detailed knowledge of military service.

The assessment process has several stages: a health questionnaire, medical examination, additional information, additional tests, and the attestation medical.

Location

Your medical booking email will indicate the exact address and location required to attend for your medical assessment. Depending on where you live, this may be either within the ADF Careers Centre or at a Sonic HealthPlus Centre.

Health questionnaire

The first stage of the medical process involves completion of the health questionnaire, which is available through the Candidate Hub. People who are unable to complete the questionnaire online may complete it at an ADF Careers Centre. Health staff may contact you about the health questionnaire if more information is needed or to clarify important issues.

Medical examination

The medical examination is comprehensive. It involves preliminary checks, where health staff will gather information about parameters such as height, weight, body mass index, hearing, vision and colour perception. Some candidates will have specific job preference(s) or clinical risk factors that may need additional tests. Examples are urine testing (pregnancy test for females), cardiovascular risk screening (finger prick blood test), ECG (electrocardiography – heart test) and spirometry (lung function test). For aviation roles we take detailed body measurements, such as sitting height and leg length. The preliminary checks normally require about 20 to 30 minutes to complete.

The medical examination is undertaken by a medical practitioner who may ask additional questions about your medical history, conduct a detailed physical examination, and observe musculoskeletal function during activities such as hop, squat and toe stand.

Dress during the physical examination is in accordance with medical professional guidance: discrete (non-revealing) underwear should be worn, such as a sports bra in preference to a dress bra for females, to allow for all elements of the examination. Disposable gowns are available for modesty and chaperones are available on request. Please advise the health staff of any preferences. No internal or breast examinations are performed. The groin area may be examined for a hernia and males can expect to have their external genitals examined.

People who use vision aids (glasses and contact lenses) should wear glasses for the medical examination as this is the preferred vision aid for ADF personnel. If soft contact lenses (commonest type) are normally worn, they should be removed at least 1 week before the medical examination or 2 weeks for hard contact lenses. If glasses are not worn to the medical assessment or contact lenses are worn, this may delay completion of the medical examination and additional testing may be required.

Notification

If you suffer any illness or injury or commence taking prescription medicine after the medical examination, you should contact the Medical Team on 13 19 02. Prompt notification will allow staff to keep you updated on your medical status. The medical examination is valid for 24 months (with the exception of aviation roles, which is 12 months).

Additional information

The medical assessment is detailed. Additional information, where available, should be brought to the medical examination to aid in prompt decision making. Additional information which may be particularly relevant includes:

- any reports from a specialist, such as a cardiologist, orthopaedic surgeon, allergist or respiratory physician
- any mental health reports, such as reports from a counsellor, psychologist or psychiatrist
- any reports from an optometrist or ophthalmologist within the last 24 months
- any operation reports, X-rays or other imaging.

Additional tests

Additional screening blood tests may be required for select specialty roles. If required, a pathology request form will be provided for an approved pathology provider.

Attestation medical

On the day of ADF enlistment or appointment, a final medical assessment will be undertaken. It consists of a short series of questions and a brief medical examination. Prompt notification of any new injury, illness or commencement of new prescribed medicine prior to this assessment will allow medical staff to keep your medical status up to date and avoid unnecessary disappointment on this day.

Medical record

Following ADF enlistment or appointment, your recruiting medical record will be transferred to the ADF to become part of your Defence health record. If your application to the ADF is unsuccessful or you do not proceed through the recruiting process, your recruiting medical record will be managed in accordance with the *Archives Act 1983* and associated policy and procedures.

Privacy of health information

We are committed to protecting your personal (including health) information and complying with our obligations under the Australian Privacy Principles contained in the *Privacy Act 1988*, and legal and ethical duties of confidence.

Please refer to the [Defence Privacy Policy](#) for detailed information about the way Defence handles personal information.