



*committed to meeting the health care needs
of the Goldfields business community
by providing high quality, cost efficient
employer focussed programs.*

Hours of Operation

Monday	8.00am – 5.00pm	
Tuesday	8.00am – 5.00pm	
Wednesday	8.00am – 5.00pm	
Thursday	8.00am – 5.00pm	5.00pm – 7.00pm
Friday	8.00am – 5.00pm	
Saturday	9.00am – 12.00pm	

Bookings essential and subject to availability.

Services

- Injury treatment
- Physical Examinations
- Physiotherapy – assessment / treatment
- Pre-employment medicals
- Mine rescue medicals
- Diagnostic & screening services
 - Drug and alcohol testing
 - Spirometry
 - WorkCover Audiometry
 - Electrocardiogram
 - Immunity testing
 - Other pathology testing (heavy metals etc)
- Health surveillance
- Corporate Wellness & Health
- Immunisations

*** Most services can be performed in your workplace on request**

Diagnostic & Screening Services

- **Spirometry**
Assessment of lung function against an individualised predicted normal.
- **Audiometry**
Our WorkCover registered audiometric officers are trained to conduct baseline hearing tests and full audiological assessments.
- **Electrocardiogram**
Performed to detect heart problems by measuring the electrical activity generated by the heart as it contracts. Included in assessments where a job involves physical demand or where personal medical history indicates its necessity.
- **Pathology Testing**
Drugs of abuse, blood alcohol content, heavy metals, immunity against vaccine preventable diseases.

Health Surveillance

Any of the services that Plaza Medical Centre delivers can be scheduled to be repeated at random / specified interval to establish any change taking place to maintain a healthy and productive workforce.

Drug and Alcohol Testing

Plaza Medical Centre offers a substance abuse testing menu that includes instant accurate results with a certified collector for:

- Amphetamine (speed)
- Benzodiazepine (sedative medications)
- Cocaine
- Methamphetamine (ice, ecstasy)
- THC (marijuana)
- Opiates (heroin, morphine, codeine)

Referral to our on-site pathology service will be arranged for confirmation of non-negative results and/or additional testing.

Test results will be emailed or faxed to the employer / paying party.

***A random / screening service can be provided to your workplace on request.**

Pre-Employment Medicals - standard

Our pre-employment medical examination provides an objective assessment of a prospective employee's suitability to undertake the requirements of a specific position.

These are performed by our team of qualified and accredited healthcare professionals and involve a medical history questionnaire* plus physical examination specific to the individual / role. This will include as a minimum:

- Height, weight, BMI
- Blood Pressure
- Vision Acuity
- Urinalysis
- Body systems
 - Respiratory
 - Cardiovascular
 - Abdominal
 - Skin
 - Nervous System
 - Musculoskeletal
- Ear/Nose/Throat examination
- Functional Capacity Assessment – GP
- Diagnostic & Screening tests
 - Spirometry
 - Audiometry
 - ECG (if indicated)
 - Urine drug and alcohol test

*Company supplied paperwork used on request.

Injury Treatment

Our Doctors are trained and experienced in managing and treating work related illness and injuries, with strong emphasis on return-to-work goals.

In consultation with WorkCover and partnership with relevant health providers we deliver expertise in clinical decision-making for the prevention, identification, management and treatment of work related illness / injuries and rehabilitation.

Physical Examinations

Clinical assessment undertaken to establish fitness to work tailored to the specific physical demands of the job.

- Pre-employment (basic =>comprehensive)
 - Functional capacity assessment
 - Physiotherapy assisted
 - Musculoskeletal assessment
 - Load tolerance
 - Strength capacity
 - Range of motion
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Corporate Health & Wellness

Research reveals that workplace health promotion positively impacts the bottom line.

Plaza Medical Centre offers an array of programs and referrals to promote the overall health and wellness of employees. The primary focus of these programs is on preventing disease in the workforce through identification of risk factors, health screening and counselling.

Periodic Health Checks

To ensure your workforce are maintaining and improving their health and wellbeing we provide periodic health checks to capture important information and use this to guide lifestyle modification activities, risk management strategies and appropriate screening tasks.

- Blood pressure monitoring
- Body mass index monitoring
- Blood glucose screening
- Cholesterol levels
- Resting heart rate

With a focus on education, the programs offered by Plaza Medical Centre are designed to provide workers with the tools to make healthier informed choices. Realistic and achievable goals are set, progress is measured and improvements tracked.

Corporate Health & Wellness cont.

- Cardiovascular disease screening
 - Nutrition and exercise programs
 - Smoking Cessation
 - Immunisations (eg influenza & tetanus)
 - Vision and hearing
 - Mental health & wellbeing
 - Stress management
 - Alcohol and tobacco use / dependence
 - Sexual health and STI screening
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Multi-disciplinary services provided at

Plaza Medical Centre

 Psychology	Heather Lowndes
 Blood Collection / Pathology	Clinipath Pathology
 Injury Management Consultant	WorkWise
 Physiotherapy	Goldfields Physiotherapy
 Dietetics	360 Health
 Diabetes Education	360 Health



Fee Schedule

P.O.A

Phone and discuss your requirements with our
Business Manager to establish an arrangement
that suits your business' needs.

Mr Robert Sterry

Business Manager

Plaza Medical Centre

335 Hannan Street, Kalgoorlie

Phone: 08 9021 3988

Mob: 0457 901 276



335 Hannan Street

Kalgoorlie WA 6430

Ph: 08 9021 3988

Fax: 08 9091 5761

www.plazamedicalkalgoorlie.com.au
