



The Impact of Shane Warne Legacy Health Checks

Improving health through
access, awareness and action

August 2026



Introduction

Cardiovascular disease remains one of the leading causes of death in Australia, responsible for around 1 in 4 deaths. Millions of Australians are also living with – or at high risk of – type 2 diabetes. These conditions are closely linked and many risk factors can be prevented or managed through early detection and intervention.

Since November 2023, the Shane Warne Legacy Health Check program has been making that early action easier. Together with Founding Partner, Latrobe Health Services and Health Partner, Diabetes Australia, the program brings free, accessible health checks into places where people already go such as pharmacies, workplaces and community or sporting events.

Shane Warne Legacy Health Checks are designed to remove the usual barriers to preventative care and provide people with clear, easy-to-understand health insights. Results are displayed instantly on a SiSU Health station and include measures such as blood pressure, body composition, heart rate and estimated diabetes risk.

So far, more than 490,000 free Shane Warne Legacy Health Checks have been delivered across Australia. As the program continues to scale nationally, Latrobe Health Services commissioned research to understand the real impact of Shane Warne Legacy Health Checks – not just how many people used them, but what changed as a result. We asked, when health checks are accessible, easy and free, does it encourage behaviour change and support prevention?

“This research confirms what we’ve seen on the ground since day one. People don’t avoid their health because they don’t care, they avoid it because it’s hard to access and harder to understand. Strip away those barriers and give people clear answers, and they act. That’s the whole idea behind Shane Warne Legacy, and these results tell us we’re just getting started.

Almost half a million health checks and counting. But the number that matters most to me is 85 per cent, that’s how many people did something about their health as a result. That’s real impact, and it’s why we’ll keep pushing to get these checks in front of more Australians.

Rob Tassie, CEO Shane Warne Legacy

How we measured impact

We surveyed:

- 724 people across Australia who had completed a Shane Warne Legacy Health Check in the last 12 months
- 500 Australians as a nationally representative control sample, provided by IPSOS, for comparison

These risk factors trigger a call-to-action for the health check user to follow up with a health professional.

This approach to the research gave us a clear picture of the scale and depth of impact from motivations to behaviour change and long-term health outcomes.

We also spoke with people across metro and regional areas who had a risk factor. Risk factors highlighted in a Shane Warne Legacy Health Check are:

- High blood pressure (>140/90 mmHg)
- High BMI* (>35)
- AUSDRISK^ score over 12



*Body mass index, or BMI, is calculated using weight and height (weight divided by height squared). Along with other metrics, it can help estimate risk of a heart attack or stroke.

^An AUSDRISK score of ≥12 is classified as ‘high risk’, with approximately 1 in 14 people who score between 12-15 going on to develop diabetes within five years.

Key insights from the research

Simple interventions drive health outcomes.

85%
took action as a direct result of a SWL Health Check.

39%
felt the health check was the single most important thing they had done for their health in 12 months.

34%
discussed results with family or friends.

93%
agree the health check information was clear and understandable.

78%
felt more able to take proactive steps to prevent serious health issues.

52%
agreed the check improved their health.

78%
of participants felt more confident to take proactive steps to prevent serious health issues (84% with a risk factor).

55%
agree the check made them realise they were lacking in health data to have a better understanding of their health status.

20%
booked an appointment with a healthcare provider.

98%
would participate in a SWL Health Check again.

94%
would recommend the health check to others.

Regional participants felt more confident to have proactive health conversations with a doctor than Metro (24% v 15%).

1. Access & motivations

Free and convenient access is the #1 driver of participation. People engage when health checks are free, visible and easy to fit into their day.

In many cases, participation wasn't planned - it happened in the moment when the opportunity was right in front of them.

“Because there’s one right near work, I actually go on a lunch break or in the morning... Being in a location like a pharmacy, rather than the doctor, means you can just go... 5 minutes, just have a check.”
Male, Metro

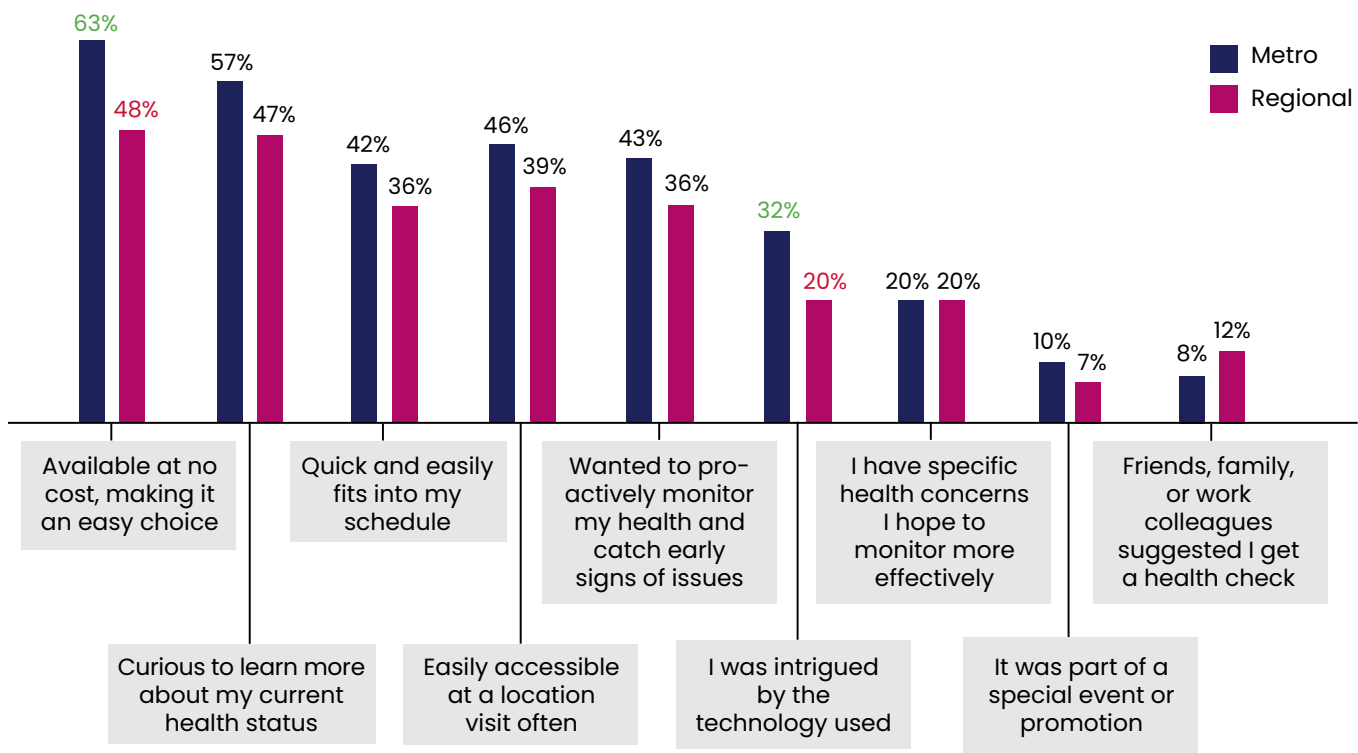
“We were getting some prescriptions, and the machine was there, and I thought, ‘You know what? Why not? I’m here, I’ve got time, I’m going to do it.’”
Female, Metro

“In regional areas it can be very hard to get GP appointments; there’s a real shortage and it can take weeks. It’s much easier to go to the machine than to take a child out of school or miss work just to get blood pressure checked.”
Female, Regional

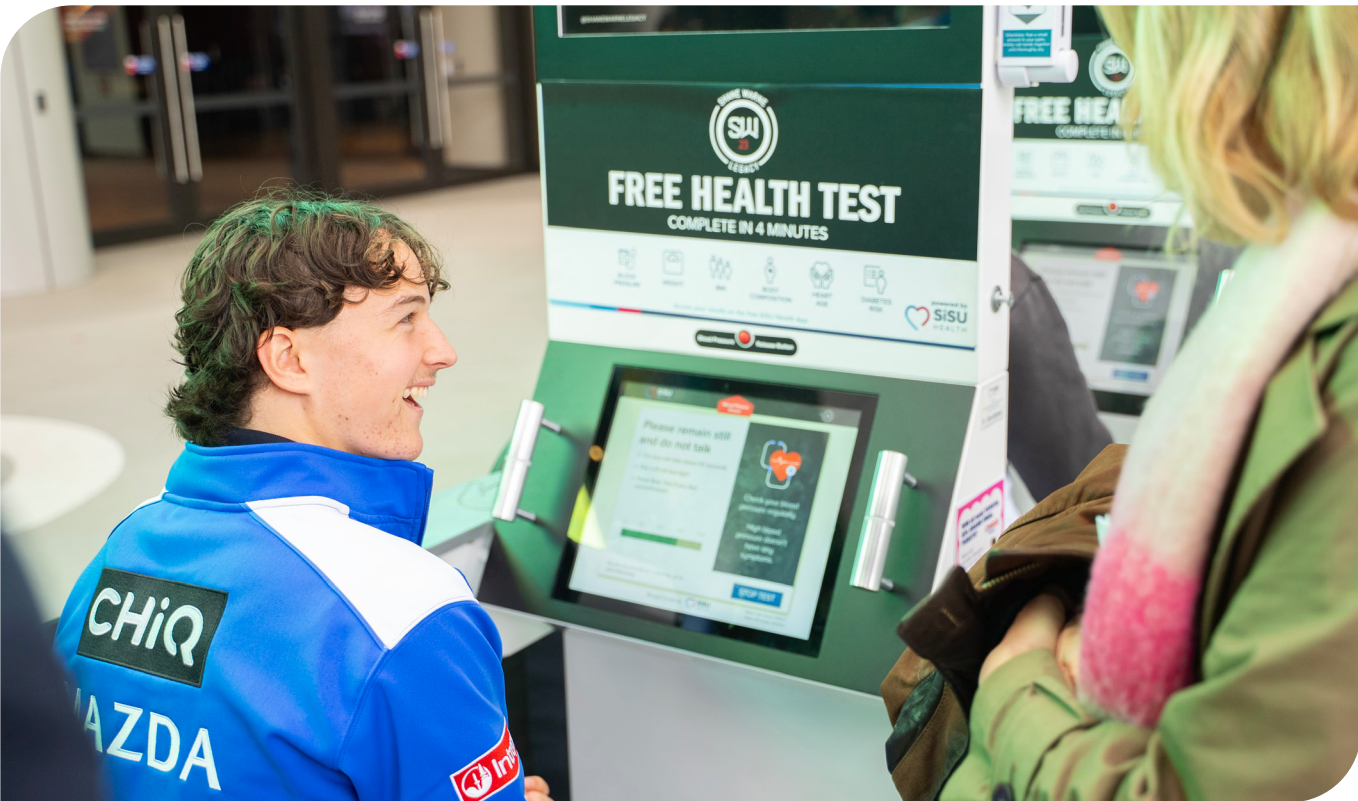


Regional participants, in particular, valued access, often using Shane Warne Legacy Health Checks as a practical solution where health services can be harder to reach.

Health Check Motivator: Metro Vs. Regional



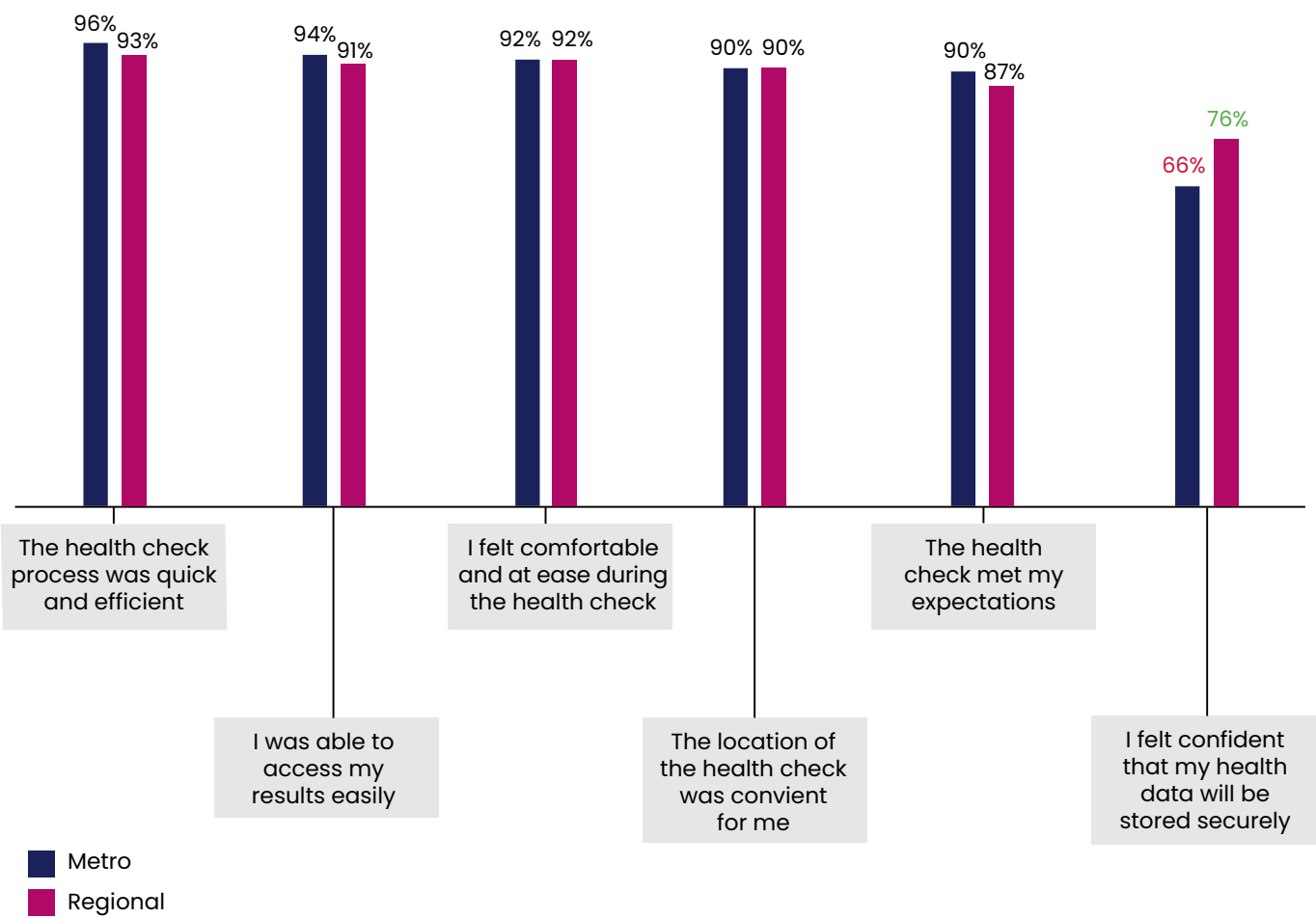
Q4C: What motivated you to participate in the health check? % in green or red - statistically significant at the 95% level of confidence.
Base: Have taken the health check (Metro n=555, Regional n=220)



2. A quick, easy and comfortable experience reduced health avoidance behaviours and empowered users

Shane Warne Legacy Health Checks were overwhelmingly reported as quick, easy and comfortable, making them far more approachable than traditional clinical settings. **Some people reported that they avoid engaging with their health, for example those with ‘white coat hypertension’** which results in elevated blood pressure readings in a clinical setting usually driven by anxiety associated with GP appointments.

Health Check Experience (Agreement):
Metro Vs. Regional



Q5C: Please rate to what extent you agree or disagree with the following statements regarding your experience with the health check.

% in green or red – statistically significant at the 95% level of confidence.

Base: Have taken the health check (Metro n=555, Regional n=220)

A better experience leads to confidence in managing health, which in turn leads to behaviour change. Around three-quarters of participants felt more empowered to manage their health through the checks, and almost half said the health check made them feel less guilty about spending money on prioritising their own health (despite cost-of-living pressures).

94% of participants would recommend the health check to a friend, family member or colleague, and 34% discussed results with family and friends. With over 490,000 Shane Warne Legacy Health Checks delivered across Australia, shared conversations and peer encouragement has significantly amplified the program’s reach and impact.



3. Understanding health leads to action

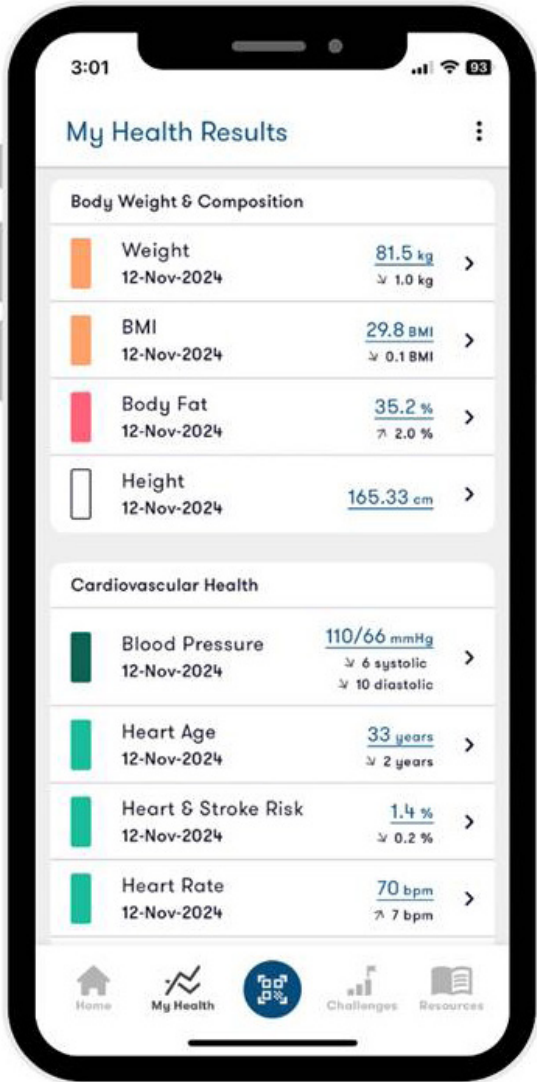
We found that when people understand their health, they're more likely to do something about it. The checks provided more than health data, they helped people make sense of it – **in fact, 93% of participants said the information was clear and easy to understand, and 89% said the check gave them valuable insights into their health.**

A common theme shone through: **77% of all health check users said their health check led to a positive, relief-giving experience and 53% (61% with a risk factor) said their health check reduced avoidant behaviour and made them feel comfortable enough to find out more.**

"It's not a negative experience and it makes a positive impact, purely because you could find out something that you didn't know already or were avoiding."

Male, Regional – MCG

Clear formats like traffic light indicators and estimated 'heart age' give people an instant, intuitive read on their health. These tools help people to measure changes along their health journey and discuss stats with family and friends.



"It uses colour coding, which I think is really a simple way of conveying information."

Female, Metro



Many participants (62% overall vs 69% with risk factor) reported learning something new, realising gaps in their personal health knowledge, and feeling more comfortable to engage with health information.

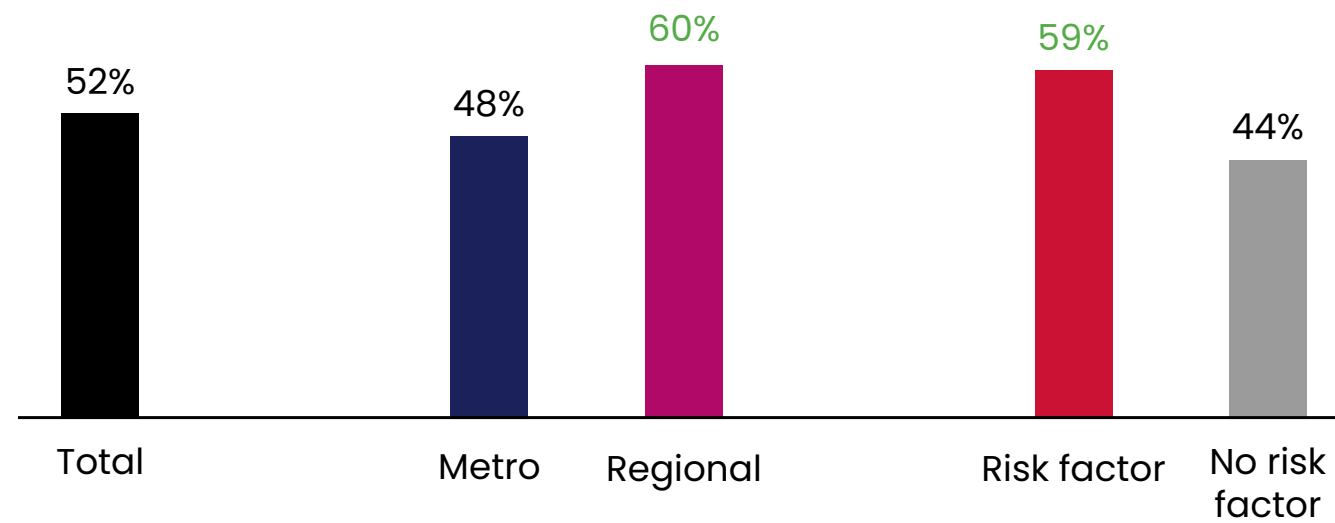
4. Early awareness improves health

Shane Warne Legacy Health Checks meaningfully improve health, which is even stronger for those with existing risk factors and those in regional areas – showing the program is reaching people who benefit most.

60% of Regional participants and 59% of participants with a risk factor said the health check improved their health which was significantly higher than the average of 52%.



The Health Check Improved My Health (NET Agree)

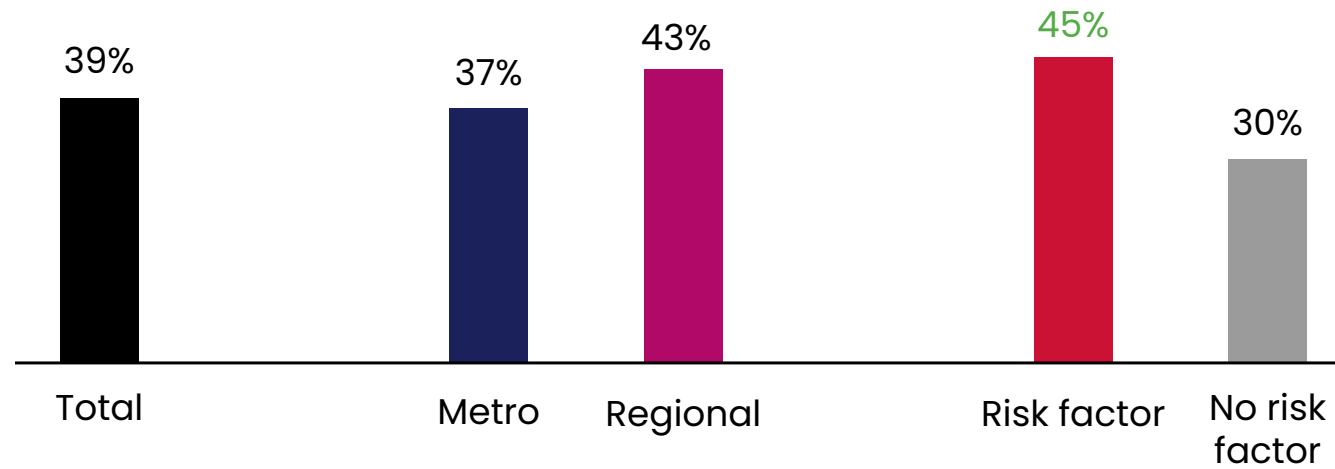


Q5c: Please rate to what extent you agree or disagree with the following statements regarding your experience with the health check.

Base: Have taken a health check n=775 (Metro n=555, Regional n=220, Have a risk factor n=419, Do not have a risk factor n=296)

39% described the Shane Warne Legacy Health Check as the most important thing they had done for their health in the past year, jumping to 45% for those with a risk factor.

% Agree the Check Was The Single Most Important Thing I Did For My Health In The Last 12 Months



Q5c. How much do you agree or disagree.

Base: Have taken a health check n=775 (Metro n=555, Regional n=220, Have a risk factor n=419, Do not have a risk factor n=296)

5. People take action

The research tells us that when people understand their health, they act, regardless of whether they have a risk factor. **The vast majority (85%) of Shane Warne Legacy Health Check participants went on to do something good for their health, from improving diet and increasing exercise to seeking medical advice.**

For those at higher risk, that number is significantly higher at 91%, with many taking more proactive steps such as booking follow-ups or researching their health further. Overall, Shane Warne Legacy Health Checks clearly shift people from just knowing about their health to taking meaningful steps to improve.

85%

of SWL health check users took action



“One of the numbers for me said I was high risk. So, I spoke to my GP about it and gave him the information. We just worked out a strategy and what to deal with first, it provoked the conversations with my health specialists.”

Male, Regional

% Taken Any Action After The Health Check

Description	Total	Has a risk factor	Has no risk factor
Taken any action	85%	91%	81%
Made healthier food/dietary choices	41%	48%	33%
Increased physical activity	40%	42%	40%
Discussed results with family or friends	34%	32%	38%
Encouraged family/friends to take a health check	29%	26%	35%
Started monitoring my health metrics regularly	29%	31%	28%
Conducted my own research into improving my health e.g. how to lower cholesterol, blood pressure, weight etc.	26%	31%	20%
Scheduled a follow-up appointment with a healthcare provider	20%	29%	9%
Quit or reduced alcohol consumption	13%	17%	8%
Purchased technology to make it easier to monitor my health e.g. smart watch, body composition scales etc.	10%	13%	7%
Joined a health or wellness program	7%	9%	5%
Quit or reduced smoking	6%	8%	3%
Other, please specify	2%	3%	1%

Q7C: Which of the following action/s did you take or intend to take after completing the health check?

Base: Have taken a health check n=775 (Have a risk factor n=419, Do not have a risk factor n=296)

6. Prevention becomes everyday behaviour

The checks helped people think beyond immediate results and consider ongoing monitoring and prevention. This was consistent across all participants, but particularly strong among those with existing risk factors:

76%

said their Shane Warne Legacy Health Check prompted them to take a longer-term view of managing their health, which was significantly higher at 83% for those with a risk factor.

78%

said the health check made them think about proactive steps to prevent serious health issues in the future (84% for those with a risk factor).

61%

felt more confident speaking to a doctor about improving their health in general rather than waiting for a specific issue to arise (70% for those with a risk factor).

These findings highlight an important move from awareness to ongoing, preventative behaviour, and this is where the real impact happens over time. Notably, **98% of Shane Warne Legacy Health Check participants would take part in a health check in the future**, showing strong intent to stay engaged with their health going forward.

"I've got the information to at least go to the GP and say I've got these results, I'm concerned about this, can we look into it a little bit further? You feel a bit more empowered about your own health, you're a bit more in control. So, it doesn't feel so overwhelming going to the GP and just saying, I don't even really know where to start and I'm waiting for you to tell me."

Female, Metro



"I thought, well, how can I help my doctor? How can I use the time that I spend with them well? If I can rock up there and I can show I'm thinking about things, I'm not just turning up and expecting them to do all the work and I'm engaged with it, I feel like I've got some ownership over the outcomes."

Male, Metro

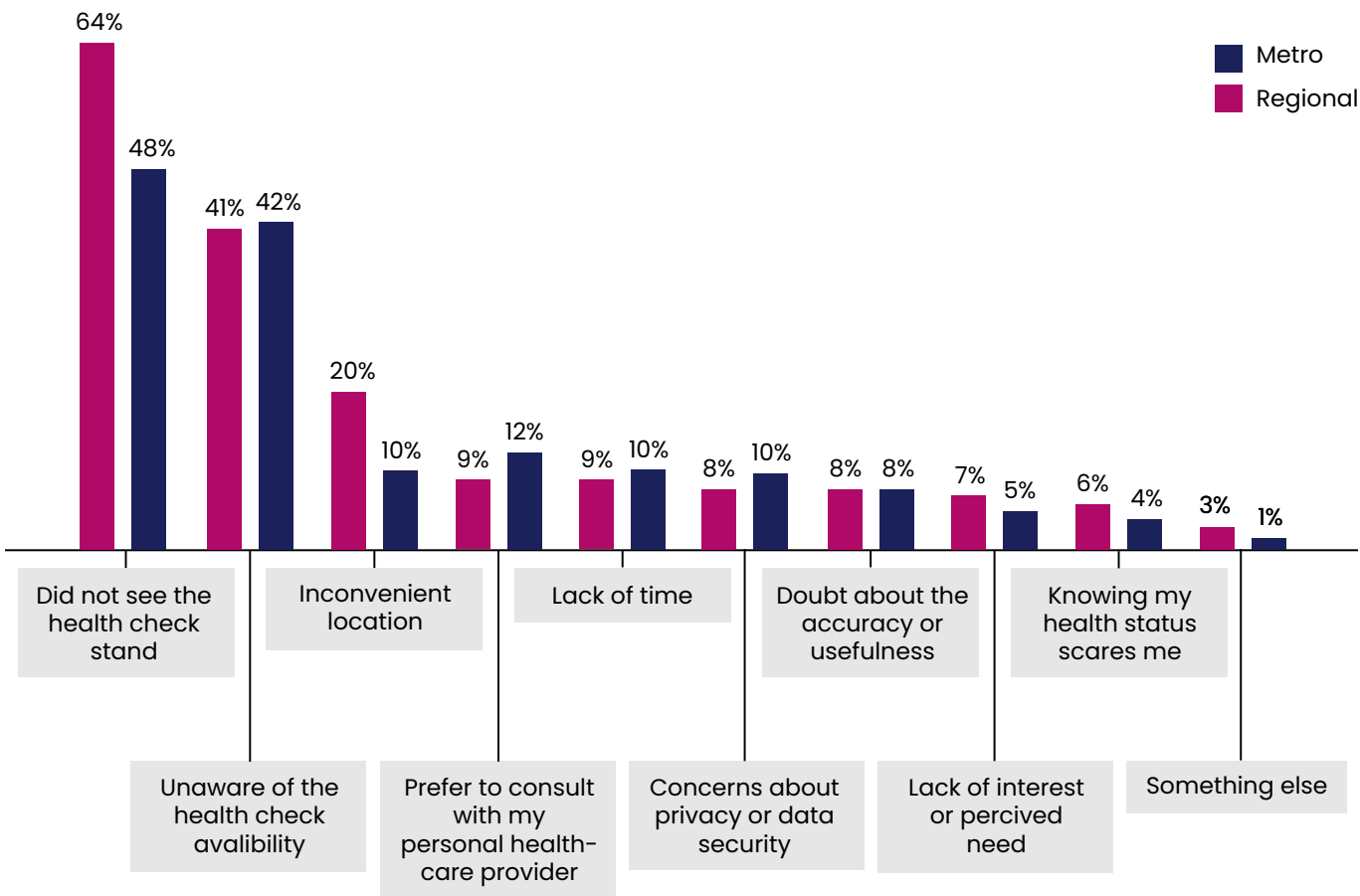
7. Small barriers limit big impact

When surveying the cohort of non-health check participants, we learnt that people aren't opting out of the Shane Warne Legacy Health Check, they simply didn't know the health check existed or where to find them.

As the Shane Warne Legacy grows, the opportunity now is to build on the 490,000 health check milestone by increasing visibility, improving access and continuing to support long-term engagement. Because when it's easy to check on your health, it becomes much easier to improve it.



Reasons For 'Not Doing The Health Check': Metro Vs. Regional



Q11C: What are the reasons you have not participated in the free health check?

Base: Metro (n=348), Regional (n=101).

Conclusion

This year's research confirms that when people understand their health, they act.

Following their Shane Warne Legacy Health Check, 85% of participants took action, rising to 91% among those with identified risk factors. Around one in three progressed to higher commitment behaviours such as booking a GP appointment. Greater awareness of cardiometabolic health translated into meaningful behaviour change, with more than half of participants (52%) reporting the check improved their health, with stronger results in regional communities and among those at risk.

Importantly, Shane Warne Legacy Health Checks provide enduring impact. Participants reported thinking more long-term about their health, feeling more confident engaging with healthcare, and 98% said they would take part in a health check again.

The biggest barrier remains awareness – not willingness. When checks are visible, free and easy to access, people engage. This has reinforced our focus on making health services more inclusive and accessible.

Together, these findings show the Shane Warne Legacy Health Checks are driving sustained, preventative health behaviour at scale, helping more Australians take control of their health.

“This research confirms what we’ve always believed: when barriers to health screening are removed, people engage and take action. Shane Warne Legacy Health Checks are helping more Australians understand their health, act on potential risks sooner and take meaningful steps towards a healthier future.”

Ian Whitehead,
CEO Latrobe Health Services

“Free, accessible health checks empower people with knowledge about their health, and create opportunities for earlier intervention when it can make the greatest difference. They are a powerful tool in the prevention of type 2 diabetes and this report demonstrates the positive impact they are having in the community.”

Justine Cain,
Group CEO Diabetes Australia



www.shanewarnelegacy.com

