

Online easy booking now available!

All registered patients can now book an appointment online.

This applies even if you are not already registered on Manage My Health.

Simply go to our website and click the link below:



Easy booking is for **non-urgent GP** appointments only.

If you require an extended appointment or other services
E.g. a driver's license medical please call Reception on
04 801 5228

Measles Vaccine Update!



“Measles is a serious and highly infectious viral disease.” “It is spread from person to person through the air by breathing, sneezing or coughing. Just being in the same room as someone with measles can lead to infection if you are not immunised.” If you think that you, or a family member, may have been exposed to measles PLEASE phone us (801-5228) rather than coming in. Our clinical team can then give you advice and decide how to best treat your symptoms in line with our infection control protocols. These protocols are in place to protect other vulnerable patients and our team. Our advice is that you check your immunisation status. If you are not sure if you have had the MMR vaccine, please speak with one of our nurses. A funded booster vaccine is available. A charge may apply.

Manage My Health

Have you signed up yet?

www.managemyhealth.co.nz

Sign up with Reception now so you can:

- Book appointments online
- Request repeat prescriptions
- View test results
- And more!



HEALTH CARE HOME
COLLABORATIVE

We have successfully completed our first year as a Healthcare Home practice. This is a joint partnership between Capital Coast DHB and our Primary Health Organisation (PHO) Tū Ora Compass Health.

The Health Care Home Model of Care enables primary care to deliver a better patient and staff experience, improved quality of care and greater efficiency.

Reminder

Payment for consultations is required on the day unless you have made prior arrangement with reception.



Flu Vaccine Available Now!

The vaccine is \$35 BUT some people may be eligible for a free flu vaccine - to book an appointment or find out more information please phone the practice on 04 801-5228.

You can also find more information about the flu and the vaccine at www.fightflu.co.nz

Other unfunded vaccinations that are recommended include: Zostavax, which protects against Shingles, Pneumovax which covers protection against certain types of pneumonia and Boostrix which is a vaccine containing Tetanus, Diptheria and Whooping Cough.

If you would like to take protection for the winter then please contact our reception for an appointment with the nurse.

Cervical Screening Clinics

We are now running Cervical Smear clinics on certain days of the week. We have one dedicated nurse in the practice to do these.

If you:

- are a woman or trans or non-binary person with a cervix
- are aged between 20 and 69
- have ever been sexually active

Then you should have regular smear tests.

This includes if you:

- are immunised against HPV
- are single
- only have sex with women
- have a disability
- have been through menopause
- are no longer having sex.

If you have had a hysterectomy (removal of the uterus) check with your doctor or smear taker if you still need to be screened.

When we are closed...

You can seek medical attention at:
Wellington Accident & Urgent Medical Centre, 17 Adelaide Rd, Newtown, Wellington (04) 384-4944

Open every day 8am-11pm



Or between the hours of 11pm—8am
Wellington Hospital Emergency Department, Riddiford St, Newtown, Wellington.



Or Phone Healthline on 0800 611 116



Contact Details

Have you changed any of your contact details? Please tell Reception, so we can update your records, by phone 04 801 5228 or email us at reception@cmed.co.nz

Facebook & Wi-Fi

Like our page. We have free wi-fi in the waiting room

