

Community Services cards

As from 1 December 2018 the Government new fee policy changes will take effect. Courtenay Medical will be offering all Community services card holders (CSC) the discounted rates.

Due to the impact of this change some of our fees have increased. Please see our website or notice in the waiting room for our full list of fees www.cmed.co.nz

Please notify reception if you are a CSC holder to ensure you receive these benefits.

Please contact WINZ if you are unsure whether you qualify for a community card.



Healthcare Home

This is 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.

Changes we have made so far:

- The removal of the main reception phone from the front desk.
- The introduction of GP Triage for patients requesting an urgent appointment.
- Increasing use of the patient portal Manage My Health.

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!



Christmas Hours

Our hours over Christmas and the New Year are:

Friday 21 Dec Open 8 am to 5.30pm

We are **closed** over the Christmas and New Year break Monday 24th December 2018 – Wednesday 2nd January 2019

We **reopen** Thursday 3rd January 2019

Courtenay Medical wishes you all a safe and happy festive season.



Reminder

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

Travelling overseas

Before setting off on your overseas trip it is important to receive accurate advice on how to remain healthy whilst you are away.

Organising your travel health needs is complex and involves much more than just getting a few vaccinations. We recommend that you organise your travel consultation at least 6 weeks prior to departing.

Please visit our website and download our travel health questionnaire, complete it and return to us. We will be in touch to arrange your travel consultation which will include travel advice and the recommended vaccinations you require. We also sell medical kits suited for travellers.

Summer is on its way -

Be SunSmart!

Protect your skin and eyes from the sun's damaging rays (UV radiation).

- Slip on a shirt
- Slip into the shade
- Slop on sunscreen
- Slap on a hat
- Wrap on sunglasses



New Vaccinations

A funded **Shingles vaccine** for those aged 65 to 80 inclusive is now available. Contact the practice nurse to see whether you qualify.

There is also a new vaccine that can help protect against Meningococcal B. This is recommended especially for children under 5 and young adults (around 15 to 25 years)

Please contact the practice nurse for further information about these vaccines or any other nursing services.



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

