



Maori Hill Clinic News

At Maori Hill Clinic, we are continuing to answer the needs and requests of our patients - so the practice is growing.



From the staff at Maori Hill Clinic December 2018

Community Services Card changes and under 14's

From **1 December** fees for Community Service Card holders are changing!

Maori Hill Clinic charges for standard consult during normal working hours will be:

\$12.50 for 14-17 years old with CSC

\$18.50 for 18+ years old with CSC

Maori Hill Clinic will also be extending free child visits. Presently, appointments are free for under 13's. This will be extended to under 14's from 1 December 2018.

Please ensure that our reception staff have your up-to-date details. We are very sorry that we cannot reduce your fee if we do not have your card details.

PATIENT PORTAL - CONNECTMED

Maori Hill Clinic now has an online Patient Portal where you can make Doctors appointments. Prescription request, immunisation view and recalls are soon to be available.

Please see reception on your next visit or www.connectmed.co.nz to register.

How to get started using our Patient Portal:

You must be 16 years of age.

You must be an enrolled patient at Maori Hill Clinic. You will need a unique email address to sign up. If someone else in the family has already signed up using a shared email, then you will need to create your own before you can join ConnectMed.

If you sign up online you will have immediate level 1 access, where you can make appointments.

COMING SOON – NEW PHONE SYSTEM

Shingles vaccine funded for 65 and over

From the 1st April Shingles vaccine is funded for people 65 years to 80 years old.

The staff at Maori Hill Clinic are focused on disease prevention for our patients. If you have had chickenpox, most New Zealanders have, you are carrying the virus that causes shingles. The virus that causes chickenpox never leaves your body. Instead it stays in your nervous system and can re-emerge as shingles at anytime.

Your risk increases sharply over the age of 50 years and by the age of 80 years, one in two people will have experienced shingles. Please talk to your doctor or practice nurse if you wish to discuss getting vaccinated.

Cost of shingles vaccine for 65 years and under \$258

Christmas and New Year Hours

Mon 24 December	- OPEN	8.45am - 5.00pm
Tue 25 December	- CLOSED	
Wed 26 December	- CLOSED	
Thur 27 December	- OPEN	8.45am - 5.00pm
Fri 28 December	- OPEN	8.45am - 5.00pm
Mon 31 December	- OPEN	8.45am - 5.00pm
Tue 1 January 2019	- CLOSED	
Wed 2 January 2019	- CLOSED	
Thur 3 January	- OPEN	8.45am - 5.00pm
Fri 4 January	- OPEN	8.45am - 5.00pm

We ask that if you are due a renewal of medication during the Christmas period that you plan for this and make an appointment before the Christmas period to ensure that you do not run out of medication.

If during the Christmas/New Year period you need to see a GP, then please contact Urgent Doctors, 18 Filleul Street, Dunedin, Telephone 03 479-2900.

CONGRATULATIONS TO MAORI HILL CLINIC ON ACHIEVING CORNERSTONE ACCREDITATION.



Wednesday Evening Clinic at Maori Hill

Maori Hill Clinic offers an evening Clinic with Dr Craig Wilson. Primarily for the convenience of working people.

The Evening Clinic will run every **Wednesday** from 5.30pm until 7pm.

Free Cardiovascular Risk Assessments

Cardiovascular Risk Assessments are extremely useful because they help determine how likely an individual is to develop a heart attack or stroke. Based on this information an individual can determine what can be done to reduce their risk.

Risk assessments are used to determine the likelihood of a patient developing heart disease, heart attack or stroke in the next 10 years. In general, patients at higher risk require a broader array of treatments to help prevent the development of disease and thus lower their risk.

In addition to the free cardiovascular risk assessment Maori Hill Clinic can provide an Electrocardiogram (ECG) to provide greater reassurance and to obtain detailed baseline information about the structure and function of your heart (fees apply). Ask your doctor or nurse for more information.

Harmony Counselling

Harmony Counselling service is now available from Maori Hill Clinic consulting rooms.



Appointments are available between:

Wednesday 5.00pm – 6.00pm
Thursday 2.00pm - 5.30pm
Friday 8.30am - 5.15pm

Gaye helps you to restore harmony, balance and peace in your life from a range of struggles including; Anxiety, Depression, Stress, work/Relationship difficulties, Grief & Loss, Family Violence, Trauma, separation, Redundancy, Loss of identity, Personal family crisis and help managing self-destructive behavior.

Phone Counsellor Gaye on 022 357 0010 to discuss your needs and arrange an appointment for yourself, your child/teenager, or you and your partner together.. and begin the journey to free yourself from your life troubles!

Services Available at Maori Hill Clinic

- Liquid Nitrogen
- Cervical Smears
- Jadelle inserts and removal
- Travel health checks/travel vaccinations
- Yellow fever vaccination
- Immunisations
- Minor surgery
- Aclasta infusion
- Stop smoking service
- Home visits
- Mole Checks

Repeat Prescriptions

Patients wanting a repeat prescription usually need to be seen for review within three months before receiving the prescription. Repeat prescriptions without a consultation can be arranged after discussion with your doctor. Your doctor will indicate in your medical record the time interval agreed upon.

Balancing safety and convenience, there are some medications that can be safely repeated by telephone and there are some that cannot. Do discuss this with your doctor in advance.

The fee for telephone prescriptions is **\$20**.

Please give us 24 hours (preferably 48 hours) notice before you need to collect your prescription from us. It can also be faxed to the pharmacy of your choice.

Our Staff at Maori Hill Clinic

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| • Anne Worsnop | GP | • Jenny Macdiarmid | GP |
| • Linda Wixon | GP | • Craig Wilson | GP |
| • Katherine Hall | GP | • John Bulow | GP |
| • Viv Oswald | PN | • Liz Bremer | PN |
| • Donna Parker | Reception | • Maree Hayes | Reception |
| • Adelle Hancock | Practice Manager | • Lisa Borthwick | Finance Manager |

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