

Manage My Health



Courtenay Medical is pleased to announce that we are now in a position to offer the patient portal "Manage My Health".

It offers a fast and secure way to access your health information online, it is easy and confidential.

Talk to your doctor or contact us at reception@cmed.co.nz if you would like to setup an account and gain the following benefits

- Book appointments
- Request repeat prescriptions
- View your latest test results
- Send secure messages to your doctor
- View your health summary
- Update your personal details

The registration process is quick and easy. All you need is a personal email address, proof of identity and to be 18 years or older.

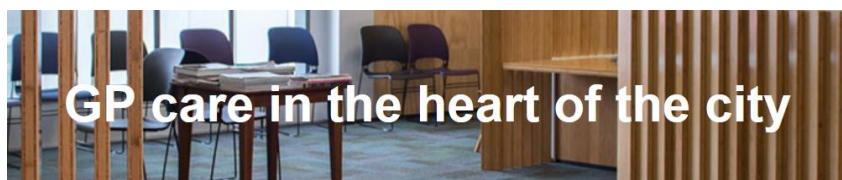
Once you have registered for Manage My Health with us, you will be given an activation code and instructions on how to complete your registration online. Our standard fees apply to all Manage My Health services.

For more information contact us today!

Our website

Check out our new website www.cmed.co.nz

Please visit and have a look. You can order a repeat prescription, download our travel consultation form, see our wide range of services and find out about our latest news and health items of interest.



Changes to our Team

We would like to welcome Nikita our new practice nurse who joined our team in September. Nikita has relocated from Auckland back to her home town of Wellington.

Repeat Prescription Requests

You can now order a repeat prescription from our website www.cmed.co.nz or via the Manage My Health patient portal. Please ensure you give us your full name, date of birth, repeat medication and advise how you wish to collect. If you require your script to be faxed to a pharmacy, advise Pharmacy details.

Free Wi-Fi

We now have free Wi-Fi in the waiting room.



Waiting Times

You can help us and your fellow patients in trying to minimise waiting times. A normal 15-minute consultation should generally cover one or two issues. If you are coming in with multiple issues please book a 30 minute appointment, as handling these will take the Doctor over 15 minutes and could delay other patients seeing their Doctor on time.

Christmas hours

Our hours over Christmas and the New Year are:

Friday 23rd December 2016 8am-12noon

We are **closed** over the christmas and new year break

24th December 2016 – 3rd January 2017

We **reopen** Wednesday 4th January 2017 at 8am



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



Travelling overseas

Before setting off on your overseas trip it is important to get 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 get your travel health organised 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.

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

We are on Facebook. Like our page and find out what's happening at Courtenay Medical.

