

## How active is your family? Fancy a green prescription?



Green Prescription Active Families is a free community-based health programme that helps you and your children to get active and learn about healthy eating. Coordinators help your family to set goals and get involved in programmes with fun physical activities that children and parents can enjoy together.

The programme's long-term goals are for the children to:

- be involved in regular physical activity – at least 60 minutes on most days of the week
- eat a wide range of healthy food options
- be healthier overall

Most referrals come from GPs or practice nurses. You can also refer yourself, by calling 0800 ACTIVE (0800 22 84 83).

## Well Child Week

Each year, Well Child Week promotes the Well Child programme. Well Child/Tamariki Ora is a free service provided by The Ministry of Health for all New Zealand children from birth to five years of age. Well Child can support you to protect and improve your child's health, so they can grow and develop to their full potential.

This is a timely reminder to ensure your child is up to date with his or her vaccinations. If you are unsure of your child's status please phone the practice on 04 801 5228 and speak with the practice nurse.



### Round the Bays

Courtenay Medical has entered a team in this year's fun run.

Good luck to those who have entered, have fun pounding the pavements!

### Repeat Prescription Requests

You can now order a repeat prescription from our website [www.cmed.co.nz](http://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.



### Contact Details

Please ensure your contact details including email and mobile phone number are up to date. This is important as we now have the facility to email invoices. We also text to remind of upcoming appointments as well as notifying when prescriptions are ready.

## Flu Season is approaching

Reminder to all those eligible for a FREE flu vaccine including those aged 65 years or older, pregnant women and for some medical conditions. We expect the vaccine to be here mid-March so watch this space ...

## Manage My Health



Have you signed up to our patient portal 'Manage My Health'?

Enjoy the benefits the patient portal offers and be able to book your appointments online as well as ordering repeat prescriptions and other services.

If you are not already registered contact reception on [reception@cmed.co.nz](mailto:reception@cmed.co.nz) or phone 04 801 5228 and we will organise this for you.

## Our website

Check out our website [www.cmed.co.nz](http://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.

### 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



<http://www.getthru.govt.nz>



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