

## GP update and enrolling new patients

We are once again welcoming new patients. If you are happy with our service please recommend us to those family, friends and neighbours who need a GP. Please ask them to enrol with us as soon as possible as we are unsure how long our books will remain open. Details of the enrolment process can be found on our website. [www.cmed.co.nz](http://www.cmed.co.nz)

Last year we could not enrol new patients as we were two GPs short all year.

Everyone knows we need more GPs in NZ. We need to train more experienced Doctors to become GPs, and attract experienced GPs from overseas.

Courtenay Medical has become a teaching practice and Dr Debbie Taylor has her first GP Registrar, Dr Gisele Tuan who has been with us since October. In addition, we are pleased to welcome Dr Fleur de Koning an experienced GP from the Netherlands, she will start at the end of this month.

In preparation for a full team of GPs we wish to encourage continuity of care with your own GP. Patients of Drs Rowe, Taylor and Pickett can now only make a non-urgent appointment with their nominated GP using MMH on line bookings. This will allow for better continuity of care. If we have your GP name recorded incorrectly please call and we will look into it. Drs Van Geest and de Koning patients will eventually have this same limitation by the end of March 2024.

We wish to remind everyone that patients who think they have more urgent problems will need to phone reception to organise an appointment. 04 8015228



## Masks

Masks are required if you have flu or respiratory symptoms.

This is to help keep our staff and vulnerable patients safe.

## Repeat Prescriptions

Repeat prescriptions must be requested using your Manage My Health App, please **allow 3 working days** for your script to be available. You must specify your Pharmacy of choice when ordering your script

For **ALL Urgent** scripts please call the practice on 04 801 5228.

## Contacting us

Please leave a voice mail message if you cannot get through on our phones during busy times. We clear these regularly.

## For General health advice:

please try these options before phoning us for non-urgent advice

Healthline 0800 611 116  
[www.healthline.govt.nz](http://www.healthline.govt.nz)

Or [www.healthify.nz](http://www.healthify.nz) for reliable patient friendly health information

Have you signed up and activated your ManageMyHealth



## Payments

Payment for consultations is required on the day of consultation, including Virtual consultations, which incur a normal consultation fee.

**COVID-19 Vaccines - Boosters will be available from 1<sup>st</sup> February at Courtenay Medical.** Boosters provide an extra layer of protection to your previous vaccination and keep your immunity levels high. All COVID-19 boosters are free.

Please phone reception 048015228 to book in your Covid Booster. Additional COVID-19 boosters continue to be available for:

- Everyone aged 30 and over
- All pregnant, aged 16 or over and
- Everyone aged 12 to 29 who is higher risk of severe illness from COVID-19

### **Funded Meningococcal vaccines for 13 to 25 year olds**

Immunisation against Meningococcal disease is free for some 13-25 year olds, who are going to be in their first year of living in tertiary education halls, boarding school hostels or military barracks. The Menquadfi and Bexsero vaccines can help protect them from meningococcal disease (ACWY and B) Please call the nurses for further information or phone reception to book these vaccines in.

### **Measles**

Measles are highly contagious and can be very serious for people who are not protected against it. The MMR vaccine provides great protection against measles. If you and your whānau are not vaccinated or are not sure - contact us to check if you need it. The vaccine is completely free for those born after 1 Jan 1969.

To find information <https://www.health.govt.nz/measlesexposure>

### **Adult vaccinations**

It's recommended that adults keep up to date with flu, COVID-19, whooping cough, tetanus, and Shingles. All adults should check they're fully protected against measles. Shingles immunisation is free for 12 months after your 65th birthday. For more information:

<https://www.immunise.health.nz/when-to-immunise/adults/>

### **Funded adult vaccines**

The Shingles vaccination is free for 12 months after your 65th birthday. You need 2 doses, 2 to 6 months apart. As long as you receive your first dose when you are 65, your second dose will still be free, even if you get it after you turn 66.

As an adult, you can get a free Boostrix vaccine:

- from when you turn 45 years old (if you have not had 4 previous doses of a tetanus vaccine)
- from when you turn 65 years old (if it has been more than 10 years since previous dose of Td or Tdap)
- from 13 weeks of every pregnancy (recommended from 16 weeks)
- if you get a dirty cut.

### **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-9pm

**AMC** WELLINGTON  
ACCIDENT & URGENT  
MEDICAL CENTRE

**Practice Plus** is an afterhours online GP Service Weekdays 5pm to 10pm  
Weekends and Public Holidays 8am to 8pm

[www.practiceplus.nz](http://www.practiceplus.nz)



Between the hours of 9 pm – 8 am  
**Wellington Hospital Emergency Department**, Riddiford St, Newtown

**EMERGENCY**

Free health advice  
when you need it



**Healthline**  
0800 611 116  
[www.healthline.govt.nz](http://www.healthline.govt.nz)

**Follow us on Facebook & Instagram.**

**We have free Wi-Fi in the waiting room. The password is on our noticeboard.**

