



## Covid-19

Lockdown saw us undergo a lot of change to our normal working practice. The Cmed team worked hard during this time to ensure our patient's needs were met despite trying circumstances and we thank you all for your patience and understanding.

During lockdown patients and our doctors have enjoyed being able to have telephone consultations. We will continue offering this service, please let reception know if you would prefer a telephone consultation. Normal consultation fees apply for telephone consultations.

We ask everyone to continue to practice good hygiene by sanitising your hands on arrival and informing reception immediately if you have any respiratory symptoms.

Masks will be given in these cases and you may be asked to wait in our isolation room.

## Flu vaccines

We do have vaccines available. The Flu vaccine is \$36 BUT some people may be eligible for a free flu vaccine - to book an appointment or find out more information please phone the practice on 04 801-5228.

**Influenza.**  
Don't get it.  
Don't give it.

## Repeat Prescriptions

All prescriptions are now sent electronically directly to your pharmacy. Repeat prescriptions must be requested using your Manage My Health App. Please contact Reception on 801 5228 if you are not yet registered for this.



Please remember to order your prescriptions before you run out as your request takes time to process. Same day prescriptions incur an additional charge.

Courtenay Medical policy requires all patients to have a medication review annually with their GP.

## Online Banking

Please include your name and chart number as the reference.

## Reception Email

Please do not email reception clinical matters or to book appointments. Clinical matters need to be directed to your doctor via Manage My Health. Our reception email is only for non-urgent administrative tasks.



## Reminder

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

## Nursing team news

On July 8 we farewell Jill who has been a nurse since she was 17 and with Courtenay Medical for 16 years. Jill is retiring and looking forward to spending time with her grandson. Jill will be missed by many of her long-term patients but may return from time to time in a locum capacity.

Diana has welcomed a beautiful baby girl and therefore has taken maternity leave until next year.

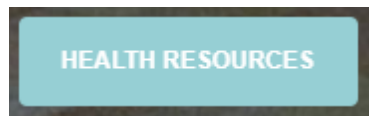
During lockdown, we welcomed two new nurses Rebecca and Michaela to the nursing team. Both bring experienced nursing skills to the team and look forward to getting to know the CMed patients.

Our PCPA, Andrea will be contacting people by phone to offer a Long Term Conditions appointment and arrange a Care Plan. The call will include a discussion about Advance Care Planning and if these patients are interested, a copy can be emailed or posted. A combined nurse/doctor appointment can then be arranged for the completion of this documentation.

## Website

Please visit our website, which we update regularly with any important notices.

There is a new button on our home page called Health Resources; this has links to many valuable sites.



**The Shingles vaccine** is FREE if you're aged 65-80!

Talk to your doctor or nurse about getting the free Shingles vaccine, ZOSTAVAX.

**Other unfunded vaccinations that are recommended include:**

Zostavax, which protects against Shingles, Pneumovax which covers protection against certain types of pneumonia and Boostrix which is a vaccine containing Tetanus, Diphtheria and Whooping Cough.

If you would like to take protection for the winter then please contact our reception for an appointment with the nurse.

## 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](mailto:reception@cmed.co.nz)

## Facebook & Wi-Fi

Like our page. We have free Wi-Fi in the waiting room

