

Hia Ora



**Kei te pēhea koe? How are you?**

### **Staff update**

We are delighted that Nurse Mandy Robinson has stepped into the Nurse Manager role recently vacated by Glenda. Mandy has extensive clinical knowledge, a great understanding of our local community and how we as a practice can ensure that our nursing team meets the community's needs. We are confident that she will excel in her new role as Nurse Manager.

We would like to welcome Dr Wouter Jongbloed and Dr Liselotte Stam who both start at WMC this month and are with us for 18 months. They have arrived with their three children from the Netherlands.

We also welcome Karen Hughes who has joined our admin team, replacing Karen Stachurski who left us at the end of August. Karen H has worked in the health field previously in Aged Care and Private Hospital.

Finally we have welcomed Keryn Gage-Brown, Clinical Pharmacist, to the team recently. Keryn is in the clinic 2 days a week and is available to meet with patients for free medicine education sessions with the aim of ensuring patients understand their medicines and any changes made, and can self-manage medicines safely. Please speak to reception if you think an appointment with Keryn would be beneficial.

### **Appointments and Non-Attendance**

If you have an appointment booked and no longer need it, or can't make it, please let us know as soon as possible, even if it's on the day. You can either reply to the text reminder sent out the day before or call reception on 078658032. People are always grateful to fill these spots. Going forward, if you have an appointment booked and do not attend without prior communication with us, a non-attendance fee of \$20.00 will be charged.

Our Urgent Care Clinic has been very busy of late, while we know it can be difficult when the wait for an appointment is two weeks (or more) away and you need something sooner, we ask that unless it is truly an urgent situation or emergency, please don't call on Monday morning - particularly for things that have been ongoing for a week or more and can wait one or two more days. We answer upwards of 100 phone calls on a Monday morning and many of these phone calls get diverted through to our Urgent Care Clinic.

We have more capacity to assist with these non-urgent but still important issues later in the week.

### **Fee Increase**

As of October 7, our fees have changed. Please see the fee schedule on page 3 and [click here to read more information](#). Most services have had an increase of \$5.00 (Community Service Card holders fees remain the same and HUHC fees have increased by \$1.00).

### **Repeat Prescriptions**

A reminder that the turn around time for repeat prescriptions is 48 hours. If you require an urgent same day prescription, please get this to us before 1pm. This will ensure that a clinician will see and action the request before the pharmacy closes. All patients require a medication review with a clinician every 6 months.

### **New Bank Account**

We have a new bank account! The number will be reflected on each invoice and statement issued with a little reminder, please be sure to update your records if you have WMC saved as a payee in your internet banking.

New Account Number: 06-0145-0822021-00

# SERVICES SPOTLIGHT

## BEXSERO VACCINATIONS

BEXSERO is a vaccine to prevent invasive disease caused by *Neisseria meningitidis* serogroup B and is approved for vaccination of individuals from 2 months of age and older.

Meningococcal disease, often referred to as meningitis, is an uncommon but serious infection caused by the bacteria *Neisseria meningitidis*. A person with meningococcal disease can develop meningitis (inflammation of the membrane around the brain), septicaemia (blood infection) or pneumonia. It strikes and progresses quickly - usually without warning.

Babies in the first year of life and children under 5 years of age are at most risk. Therefore, it is important to start vaccinations as early as possible (according to official recommendations). Adolescents and young adults are also at increased risk. Sharing and group activities leave adolescents vulnerable to meningococcal disease.

From 1 March 2023, BEXSERO is funded on the National Immunisation Schedule. Ask your doctor or nurse if your child is eligible for funded BEXSERO. If your child is not eligible, BEXSERO is available for private purchase.

BEXSERO is funded for the following groups:

- Children up to 12 months of age (inclusive)
- Children under 5 years of age as part of a catch-up programme, from 1 March 2023 to 31 August 2025.
- Teens and young adults 13 to 25 years

Please call 078658032 to book or ask to speak to a nurse if you have any further questions.

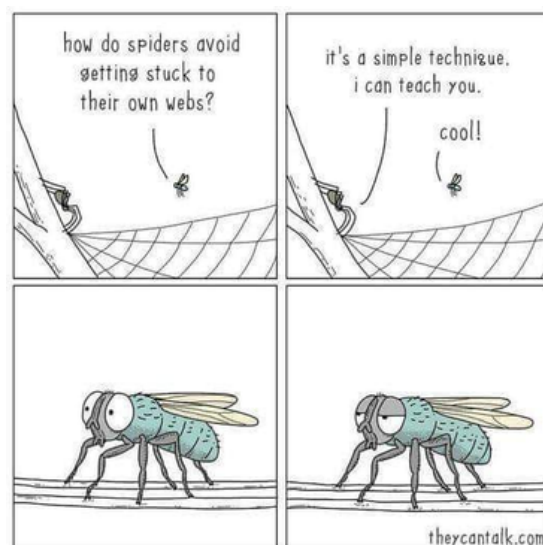
## COMMUNITY SERVICES CARD

The Community Services Card can help you with the costs of health care. This means you could pay less on some health services and prescriptions.

- You don't have to be on a benefit to qualify for the card.
- You can also use the card for healthcare services for your dependent children under 18.

If you think you might be eligible for a community services card visit the [WINZ website](#) for eligibility criteria.

WINZ are no longer automatically re-issuing cards so keep an eye on your expiry date. We have forms in clinic or you can visit the [WINZ website](#) for more information.





# Whangamatā Medical Centre

01 October 2024

### Office Hours

Monday - Friday: 9:00 am to 5:00 pm  
Weekend Clinic: 9:00am to 1:00 pm

PLEASE NOTE: After hours fees (in addition to consultation fees) apply to this clinic

### NORMAL CONSULTATIONS: (in person or by phone)

	Under 6 (Y)	6 - 17 (J1/JZ/J3)	18 - 24	25 - 64	65 +	Follow Up **	ACC ***	Nurse Consult
Enrolled	FREE *		\$50.00	\$57.00	\$50.00	\$45.00	\$35.00	\$35.00
CSC			\$19.50	\$19.50	\$19.50	\$19.50	\$19.50	\$19.50
DCSC			---	---	---	---	\$13.00	\$13.00
HUHC			\$16.00	\$16.00	\$16.00	\$16.00	\$16.00	\$35.00

	Under 6 (Y)	6 - 17 (J1/JZ/J3)	18 - 24	25 - 64	65 +	Follow Up **	ACC ***	Nurse Consult
Non-Enrolled	\$65.00	\$90.00	\$110.00	\$110.00	\$110.00	N/A	\$65.00	\$65.00
CSC	\$65.00	\$65.00	\$90.00	\$90.00	\$90.00		\$19.50	\$40.00
DCSC	\$65.00	\$65.00	---	---	---		\$13.00	\$40.00
Non-Resident	\$160.00	\$160.00	\$160.00	\$160.00	\$160.00		\$105.00	\$105.00

Extra fees may apply to extended consultations

CSC = Community Services Card (A1)

HUHC = High User Health Card (AZ/JZ)

DCSC = Dependent of Community Services Card holder (J1)

No Card (A3)

\* Free Consultations apply to enrolled patients under the age of 18 who are currently enrolled at school (primary, intermediate, high, area). Once a child leaves school consultation fees apply.

\*\* Follow Up appointment fees apply to enrolled patients only

\*\*\* ACC Consultations for ALL patients 13 years and under are free of charge.

Prescription	\$20.00	Crutches:	
Urgent / Same Day Prescription	\$30.00	To Purchase	\$100.00
Ultra Sound Co-Payment	\$15.00	Refund	\$50.00
(to be paid on top of consultation fee)		(if returned within 1 year, in good, reusable order)	

Other Services: Please note: These are additional charges that may be added to consultation fees  
Non-Enrolled patients will incur a Nurse Consultation fee on top of service fee.

	HUHC	CSC	NO CARD				
INJECTION	\$16.00	-----	\$35.00	SPIROMETRY	\$50.00	ABPM	\$50.00
N2	\$16.00	-----	\$35.00	AUDIOMETRY	\$35.00	SMEAR	\$35.00
B12	\$16.00	\$19.50	\$35.00	STI CHECK	\$35.00	DEPO	\$35.00
BP	\$16.00	\$19.50	\$35.00	EAR SUCTION	\$60.00	ECG	\$40.00
COD	-----	\$19.50	\$35.00	IV THERAPY	\$50.00	BIOPSY	\$100.00
ROS	-----	\$19.50	\$35.00	DRUG TEST	\$50.00	MEDICAL	\$250.00
NEW PATIENT GP CONSULT			\$60.00	INGROWN TOENAIL	\$80.00	INFUSION	\$150.00
IUCD/MIRENA / JADELLE			\$80.00	INCISION & DRAINAGE	\$50.00	MINOR OP	\$350 - \$450

### Out of Hours Consultations:

All consultations, either in person or over the phone, outside of office hours including evenings, weekends and Public Holidays will incur a minimum surcharge of \$40.00 over the above fees.  
This surcharge may vary depending on the circumstances.

All the above fees are at the discretion of the attending physician

## BREAST CANCER AWARENESS MONTH

October is International Breast Cancer Awareness Month - and the perfect time to support Breast Cancer Foundation NZ towards zero deaths from breast cancer. Celebrated annually, BCAM first began in 1985 to raise awareness and improve education about breast cancer.

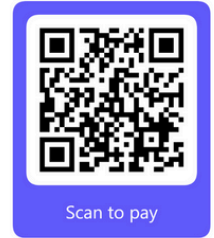
This month Breast Cancer Foundation NZ is also calling for all New Zealand women to make knowing and checking their breasts a regular part of their routine. The biggest two risks for breast cancer are having breasts and ageing. Big ones, small ones, old ones, young(ish) ones. It doesn't matter. If you have breasts, you need to know the normal look and feel of them.

Visit the Breast Cancer Foundation for more information.

# Pay it FORWARD

Are you able to help someone who is struggling by making a payment towards their medical bills?

Scan the below link to make a payment.



Scan to pay

## WHAKATAUKI

### Whāia te mātauranga hei oranga mō koutou

Seek after learning for the sake of your wellbeing



## Nymbbl Falls Prevention App

Nymbbl is an easy, fun, and personalized app-based program that you can do in the privacy and comfort of your home - in just 10 minutes a day. Nymbbl is for older adults who are looking to improve or maintain their balance. All you need is a phone or tablet. Don't have a phone or tablet? Enroll in Nymbbl (with your email address) and gain access to Nymbbl's weekly educational email program. Nymbbl is FREE and fully covered by ACC, so there's no cost to you!

