

WHAT IS A HEALTH COACH? – Kia Ora I'm **Rhea**, the health coach at PMC covering Molly whilst she is on maternity leave. I am an associate registered nutritionist as well as a qualified personal trainer and yoga instructor. I am here to support you to make improvements to your health and wellbeing, whether it be improving sleep, stress, weight, motivation, eating habits, movement... just about anything that influences your wellbeing. I understand that change takes time, so I am able to see you regularly to help you make that change if you need. Appointments are 30 mins long and fully subsidised (no charge). I work on Tuesdays, Wednesdays and Thursdays. Please call reception to book an appointment with me today.



REPEAT PRESCRIPTION REQUESTS – We strongly recommend you put in writing requests for your repeat scripts at least a couple of weeks before running out. Options for you to do this quickly and seamlessly:- (1) Manage my Health, (2) PMC website, (3) email request. Please remember to note the pharmacy to pick up from. If you have run out, please also let us know. Charges apply for repeat scripts and short scripts (bridging script i.e., 1 week until appointment). Please note we still follow safe and responsible medical practice and you may need to make an appointment if request is declined. So the more time you can allow for requesting medication, the smaller chance of you being inconvenienced.

FLU VACCINES – Did you know the flu vaccines is fully funded for children 6-months to 12-years. Please book your child in with the nurse today if they haven't had their flu vaccine.



WINTER VIRAL ILLNESSES – It's that time of the year again with lots of viral illnesses spreading throughout our community, these can often be managed at home. Helpful information and online links: **Phone Healthline 0800 611 116** or www.healthinfo.org.nz or www.kidshealth.org.nz/flu-influenza or https://flufree.co.nz/content/uploads/2018/05/Coping-with-flu-at-home-2018_web.pdf

APPOINTMENT SLOTS – to look after your needs appropriately, please note a doctor's appointments are 15 minutes long usually to cover one or... if time is favourable two issues. If you have multiple issues to discuss please book two appointments (additional fees will apply)

STAFFING UPDATE – In the coming winter months unfortunately cold/flu and covid will have a significant impact on our practice affecting our reception, nurse and doctor workforce. This means some days there will be limited appointments available and we may start to get booked out a week + in advance. When we have limited capacity, we will do our best to meet your needs but sometimes may refer you or your whanau to an urgent care facility like 24hour surgery following triage. We strongly suggest you book your routine appointments and review your medication supply well in advance to ensure an appointment is made that suits your plans. Please bear with us over the next few months while we do our best to provide you with timely care. **Please respect our team – we are here to help, not to be hurt 😊**

KEEPING US ALL WELL- We will be exercising a higher level of infection control within the practice so your co-operation with this would be appreciated, please continue to wear a mask within the practice. In a medical emergency, and if acutely unwell don't hesitate to dial 111.

