



WELCOME New Doctor – Dr Verena Hermanns

We are excited to have Dr Verena Hermanns join our team, permanently working on Thursdays weekly. “I am a General Practitioner originally from Austria who has called New Zealand home for the past 15 years. I have a background in pediatrics and have also completed training in urgent care, which has given me a broad and adaptable clinical skill set. I enjoy caring for patients of all ages and am committed to providing thoughtful, patient-centered care to individuals and families”.




2026 FLU VACCINES – still available

Anyone can book into see the nurse for a Flu Shot - you do not need to be a patient at PMC to book. To make a booking phone us 03 9204060 or call in. Eligibility criteria and fees remain the same as 2025. Unfunded vaccine is \$35. We also have two alternative flu vaccines that cost \$45 speak to the nurse or go to our website to find out more.

BOOKING APPOINTMENTS – availability on the day 😊


We are fortunate to have a large supportive team each day in the clinic - currently we sometimes have routine appointments on the day or the next day, please call receptionist to check availability. If you need to see the doctor on the day (cannot wait till next available appointment), please speak with the nurse, they will triage you and either offer an acute time slot or come up with a plan for your care.


 **APPOINTMENT SLOTS** – Each **doctor’s appointment** is **15 minutes**, allowing enough time for one or possibly two issues if brief. If you have multiple concerns, please **book two appointments** (additional fees apply)


MANAGE MY HEALTH (MMH) – Patient Portal



Our patient portal now has robust security layers put in place and good to use. You may need to log in again and set up an authenticator as an extra layer of security, the app will take you through the steps. If you need assistance, please call us and reception can help getting you on board for the first time or to re-connect. You can book appointments and request repeat scripts through this portal at a time that is convenient for you. Access MMH through our website.

 **CERVICAL SCREENING CLINICS** – regular cervical screening (**smear tests or self-tests**) is one of the best ways to detect early changes that can lead to cervical cancer. Early detection means early treatment – and better outcomes. We have Clinics running weekly, these are led by our experienced practice nurses in a private, comfortable setting (funding available if you meet criteria).

 **SEXUAL HEALTH HELP** – if you are 14-17 years old, you can see a doctor or nurse are free. We respect your privacy, and everything you talk about stays confidential.

 **VASECTOMY** – We run a specialist clinic at PMC for ‘No Scalpel Vasectomies’. Book an initial consultation with reception for this specialist male procedure. Medical insurance may cover the procedure.