



September 2026



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www.pegasusmedicalcentre.co.nz

💡 **NEW GP REGISTRAR – Dr Kieran Hodson**

A warm welcome to **Dr Kieran Hodson**, who joins us as our **GP Registrar** for the next 6 months. We look forward to having him as part of our team. Dr Kieran will be working Mondays to Thursdays weekly.



🌸 **VIRAL ILLNESS IN COMMUNITY**

Influenza A and RSV outbreaks is doing the rounds in our community; we kindly ask that anyone experiencing flu like symptoms wear a mask if asked to enter the practice. Masks are available at the entrance. Please stay at home if you are unwell, rest and fluids, hand hygiene and cover coughs and sneezes. Reminder that we also can become short staffed in these situations and will do our best to accommodate all our patients when the demand is increased. Thank you for your support. 😊



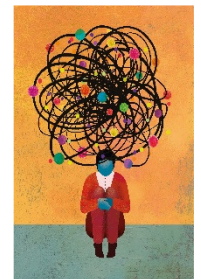
👩‍⚕️ **2026 FLU VACCINES – still available**

Anyone can book in to 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.

🔒 **U14 YEARS REPEAT SCRIPT FEES** – From 1st July there is now a charge for repeat scripts for under 14year olds. The fee of \$10 (\$5 CSC) helps to cover costs for the doctor's time in reviewing notes/medications and processing the prescription to the pharmacy. There is still a 72-hour turn around for all scripts, unless it is an "Urgent Script request" with additional fees. Only under 14-year-old doctors' visits are subsidised.

🌸 **CERVICAL SCREENING CLINICS** – Be reassured we continue to run a robust recall system for our patients. Regular cervical screening (**smear tests or self-tests**) is one of the best ways to detect early changes that could 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).

🔍 **ADHD – New Diagnosis – Medication Start** – We can offer an ADHD new medication start/review 30-minute consultation with selected doctors for patients that are 18+, have had a specialist ADHD assessment done and have a report confirming the diagnosis. These appointments are \$200+ for the consultation only. Additional service charges may apply. Please book in through the receptionist staff.



💚 **HOW CAN A HEALTH COACH (HC) SUPPORT ME?**

Kia ora, I'm Sarah, the health coach at PMC. I am here to support you to make improvements to your health and wellbeing, whether it is 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 minutes long and free of charge**. I work at PMC on Tuesdays, Thursdays and Fridays. You can talk to your doctor or call reception to book an appointment.