



Tararua Health Group LTD

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website www.thg.org.nz

- Dannevirke Community Hospital
- Barraud Street Health Centre
- Te Rongopai
- Pahiatua Medical Centre
- Norsewood & District Health Centre
- Woodville Health Centre



SUMMER NEWSLETTER 2016/17 Woodville Health Centre

Haere mai and welcome to our Practice.



Our Woodville Clinic continues to provide a service to the community each Monday afternoon, Wednesdays and Thursdays.

Due to some staff changes the clinic has been closed for a few sessions and we appreciate your understanding around this. When we do close the clinic a sign is placed on the door along with a contact number for you to call if you have any questions regarding an appointment.

As a reminder - please ensure you order your necessary prescriptions in plenty of time before the Christmas break.

Opening Hours for the Centre:

Mondays from 2pm to 5pm
Wednesdays and Thursdays from 9am to 12:30pm and 1:30pm to 5:00pm

Phone number for the Centre:
376 6466 or (06) 374 5691

After hours: the national Healthline is 0800 611 116. After hours services are provided by City Doctors in Palmerston North or at the A&E department, Palmerston North hospital.

Saturday clinics: you may be interested to know that each Saturday there is a GP clinic held at Barraud Street Health Centre in Dannevirke from 10:00am to 12:00noon. You are welcome to go to Dannevirke to access this service.

N.B. there is a \$20 extra charge for consultations at these clinics.

Be SunSmart use the Sun Protection System slip, slop, slap, and wrap



Slip, Slop, Slap and Wrap.

Protect your skin and eyes from the sun's damaging rays (UV radiation).

Fact: You can be sunburnt on cool or cloudy days.

Fact: Around 90% of melanoma skin cancers are caused by too much sun exposure.

- ✓ **Slip** on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.
- ✓ **Slip** into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.
- ✓ **Slop** on plenty of broad spectrum sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.
- ✓ **Slap** on a hat with a wide brim or a cap with flaps. More people are sunburnt on the face and neck than any other part of the body.
- ✓ **Wrap** on sunglasses. Choose close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for the sun protection rating.



A friendly reminder... pharmacies and our health centre will be very busy before and over the holiday period. Please remember to allow plenty of time to request your prescriptions from your prescriber and also try to get them filled at the pharmacy well before the holiday periods and long weekends.



Manage My Health - Access your healthcare information online at home

ManageMyHealth™ is a place where you can access medication information specific to yourself online. You can make notes and entries that you may make accessible to practice staff if you wish. Tararua Health Group fully supports the concept of a patient held electronic health record. For us, it is a way to have secure electronic communication with you, which can help us manage the day to day running of our practice.

What are the Benefits?

- View your medical conditions;
- View your allergies record;
- View your latest lab results;
- View past prescriptions – request repeat prescriptions;
- Check your recalls;
- Check your information is correct;
- Share Health Information.

How do I register?

- **Talk to your doctor** about wanting to sign-up;
- You will need to have a valid email address and a photo ID for identification;
- The administration staff will provide you with an activation code and print out instructions on how to complete the registration online.

IMPORTANT: Please do NOT use ManageMyHealth™ to communicate acute, serious problems to your doctor. Phone the practice for advice in the usual manner.

A friendly reminder to keep your children up to date with their immunisations (particularly the 'MMR': Measles/Mumps/Rubella vaccine, as well as the HPV (Gardasil).

Having children home from school for the summer holidays is the perfect opportunity to have their immunisations checked and updated.

During childhood, our children are exposed to thousands of germs, some of which are potentially harmful to their health. Immunisation is the most effective way to actively protect your child from preventable diseases, ranging from whooping cough to meningitis and measles.

Please contact one of our nurses if you have any questions regarding childhood immunisations.



NEW PAYMENT TERMS

AS FROM WEDNESDAY 1ST JUNE 2016

- * WE APPRECIATE PAYMENT FOR SERVICES ON THE DAY OF CONSULTATION.
- * CHARGE ACCOUNT BALANCES MUST NOT BE MORE THAN \$100.
- * WE WILL TAKE STEPS TO RECOVER DEBT IF YOUR ACCOUNT BALANCE IS MORE THAN \$100.
- * PATIENTS ARE ENCOURAGED TO HAVE AUTOMATIC PAYMENTS IN PLACE, WITH A MINIMUM PAYMENT OF \$10 PER WEEK.
- * IF YOUR ACCOUNT IS MORE THAN \$100, YOU MAY BE ASKED TO PAY FOR YOUR CONSULTATION AT THE TIME.

IF YOU HAVE ANY CONCERNS REGARDING OUR NEW TERMS, OR IF YOU WOULD LIKE TO DISCUSS YOUR ACCOUNT BALANCE, PLEASE ASK AT RECEPTION TO SPEAK WITH THE SENIOR ADMINISTRATOR.



Paying Fees by Automatic Payment



A friendly reminder that if you are paying your fees by automatic payment, please remember to

include your PATIENT CHART NUMBER or NHI NUMBER AS THE REFERENCE (your chart number appears on the right-hand side of your statement). This will ensure that the payment is allocated to the correct account. Thank you.



Our summer holiday and Christmas tips: we recognise that Christmas time and summer holiday breaks can provide other types of pressure for everyone. If you feel that things are getting on top of you then we encourage you to talk to a member of our healthcare team.



Financial stresses can be an added pressure at this time – if you are struggling with paying your account with us then please talk with reception or the Senior Administrator so we can set up an automatic payment. Even a small contribution on a weekly basis will help.

Enjoy your parties and summer barbeques. We encourage you to keep safe, watch your alcohol intake and look after yourselves.

Wishing you all a Happy New Year!