

PRACTICE NEWSLETTER NO.1

Happy New Year:

All the very best for 2018. As we say every New Year: if this is the year to achieve your health goals, talk to us. Whether it is: losing weight, quitting smoking, getting more exercise, drinking less, eating better or any other goal, we can help.

Our practice nurses provide information, help, and encouragement. Many have made healthy changes to their own lifestyles, so they know how hard, but also how beneficial, such changes can be.

Lost Property:

If you are starting the New Year with a few less possessions than you had last year, you might like to check our Lost Property Box. We have a number of items that look like they would be missed by someone, but remain unclaimed.

Just ask at reception.

Receptionist in training:

Over January you may see a new face at reception. Julie-Ann was training with us in December to provide locum reception cover in 2018. Jeanette cheerfully provides most of our cover, but it pays to have back-up.

Julie-Ann is proving to be very kind, competent and unflappable.

Portal Tips:

If you want to check when your own doctor is away, and which other doctors are available, you can find out on the portal booking page. If you have opted to get your test results and medication list, you can now also see recalls and immunisations.

You only need a cellphone to set up your portal account yourself. If you don't have one we can set up your account for you. For help with this, or any other queries, email sharon@nelsonfamilymedicine.co.nz.

Online bookings are restricted to our registered patients only. In the New Year we may need to restrict online bookings to see Dr McKenzie-Pollock to patients who are actually registered with him. If this causes any problems please contact us.

Health One:

There is now a shared electronic patient record working in the South Island. This means that other doctors and pharmacists can see the most important aspects of your medical information. This improves treatment for patients with chronic conditions who need to see other health providers. You do have the option of opting out of this system, although we don't recommend this.

The number to ring about this is 0508 837 872. For more information or for answers to queries about this email nicky@nelsonfamilymedicine.co.nz.

Funded medication:

Eligible people can now get funded emergency contraceptive pills ("morning after pill") from pharmacies without a prescription. Funded nicotine replacement therapy is also available without a prescription.

Ask your pharmacist if you are eligible.