

You and your whānau / family can use a number of health and wellbeing services when you are enrolled with a general practice (GP). Many of these services are free. The best thing you can do for your health and wellbeing is to enrol with a GP team. Enrolling is free and once you are enrolled your GP team visits may be cheaper.

Pegasus Health is a Primary Health network that delivers these services.

Health services available

The following services are available via your GP team. Ask your GP nurse or doctor.

- Children and young people's health
- Women's health
- Older person's health
- Healthy lifestyles
- Stop smoking support
- Mental health & wellbeing support
- Support for people new to New Zealand
- General support services
- Long term conditions

How do I enrol?

Find a Pegasus Health GP at www.pegasus.health.nz/gp-locator and contact one of the practices about enrolling.

Urgent medical care after hours

Make your GP team your first call 24/7. Unless it's an emergency (when you should call 111), always make your general practice team your first call 24/7 when you or someone in your family is sick.

Even after hours a nurse is available to give free health advice. Just phone your usual general practice number.

What if I need help finding health care?

*PCW – Partnership Community Workers can help you:

- enrol at a Pegasus Health General Practice
- get to your doctor/hospital appointments, if transport is a problem for you
- visit Work and Income, if you find it difficult to pay for the doctor
- find other Community Services to support you.

Talk to your general practice about getting help from a PCW – Partnership Community Worker. If you don't have a regular GP go to www.pegasus.health.nz for a list of contacts or call **03 379 1739** and asked to be put through to the PCW team.

**Only available for those enrolled at a Pegasus Health practice.*

Children & young people



Health and wellbeing services for you and your whānau / family

Children & young people



B4 School Check

The B4 School Check is **free** for all four year olds and is the last of your child's Well Child/ Tamariki Ora health checks.

It is a chance to have your child's health and development checked and is an opportunity for you to talk with a registered nurse about your child and ask about things important to you.

It's a good idea for your child to have their B4 School Check soon after their fourth birthday, as that leaves enough time to follow up if needed before they start school.

Contact: Susan Booth,
B4 School Check Service Coordinator

P: 0800 247 2123

E: b4sc@pegasus.org.nz

W: www.healthinfo.org.nz
(search B4 School Check)

Zero Fees

In most practices children under 13 years old can get **free** health care visits.

*Child Health Support Services

If you have concerns about your child's health, wellbeing or social / behavioural needs, talk to your general practice team about the Child Health Support Service. A member of the team will visit your home to discuss your needs, provide information and link you to services and agencies for ongoing support.

This **free** service is for children 0-17 years.

**Only available for those enrolled at a Pegasus Health practice.*

Right Service Right Time (RSRT)

This service is tailor-made for families in need of support for various reasons. The coordinator will put you in touch with organisations which provide a range of services, including parenting support programmes, budget and financial advice, and counselling support for children, young people and families under stress.

Contact: The RSRT Coordinator

P: 027 654 7788

E: info@rightservice.org.nz

Immunisations

Children and young people receive a series of **free** vaccines, usually at their general practice. It is important that vaccines are given at the correct time to protect people who are most vulnerable to illness, especially children. All children in NZ are eligible for the funded National Schedule vaccines. Your general practice team will send a reminder when your child is due for immunisation.

Influenza or flu is a major threat to health, because it can spread rapidly through families and communities. The influenza vaccine is **free** for anyone from six months old with certain medical conditions. Ask your Practice Nurse or GP if your child is eligible.

Contact: Your general practice team or go to www.immuniseforlife.co.nz for more information.

Youth Sexual Health

Free sexual health consultations for young people aged 20 and under. Talk to your GP team for more information.