

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:

- to 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.*

General support services



Health and wellbeing services for you and your whānau / family

General support services

Immunisations

Immunisation helps protect you and your family / whānau against many vaccine preventable diseases. Children receive a series of **free** vaccines, usually at their general practice. It is very important that vaccines are given at the correct time to protect people who are most vulnerable to illness, especially children and older people. All children in NZ are eligible for the funded National Schedule vaccines. Your general practice team will send a reminder when you or your child are due for immunisation.

Influenza or flu is a major threat to health, because it can spread rapidly through families and communities. Many won't feel sick at all, but can still pass the flu virus onto others. The influenza vaccine is **free** for all pregnant women, anyone from six months old with certain medical conditions, and anyone aged 65 years or over. Ask your Practice Nurse or GP if you are eligible.

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



Acute Demand Service

The acute demand service provides short-term assessments, treatment and support to patients who may have been otherwise admitted to or have been recently discharged from hospital. Patients are referred by either their GP or the hospital.

A team of nurses can provide treatment, such as administering IV (intravenous) antibiotics or assessing your medical condition.

Contact: Ask your nurse before you leave hospital or check with your GP team.

End of Life Care

GP visits are **free** for people with a terminal illness in the last 3-6 months of life. This includes home visits and after hours visits.

Medication Management Services

These services include a **free** consultation in your home or at a pharmacy with a pharmacist to help you better understand and manage your medications.

Contact: Talk to your GP team.