

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.*

Healthy lifestyles



Health and wellbeing services for you and your whānau / family

Healthy lifestyles

Talk to your GP team about the following services.

Healthy Lifestyles Coordination Service (HLCS)

For families/whānau with young children, the Coordinator will put you in touch with a **free** healthy lifestyles programme that is right for you, e.g. Triple P Healthy Lifestyles, Active Families.



Senior Chef – cooking classes for older people

A **free** eight week group cooking / nutrition course for people 65 years and over, who live alone or with one other person (Māori / Pacific Island people can enrol 55 years and over). Senior Chef teaches you about eating well, menu planning and budgeting. You will have an opportunity each week to cook and share a meal together with new friends.

For more information visit the website – www.seniorchef.co.nz

Green Prescription – physical activity

A programme for people 16 years and over, who need to be more active. You get **free** face-to-face or phone support for four months from a physical activity advisor. You can try new activities and join an eight week group activity programme near where you live

Appetite for Life – nutrition

A **free** six week weight management and healthy lifestyle programme, run in small group classes. For more information visit www.appetiteforlife.org.nz