

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](http://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](http://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.*

# Long term conditions



Health and wellbeing services for you and your whānau / family

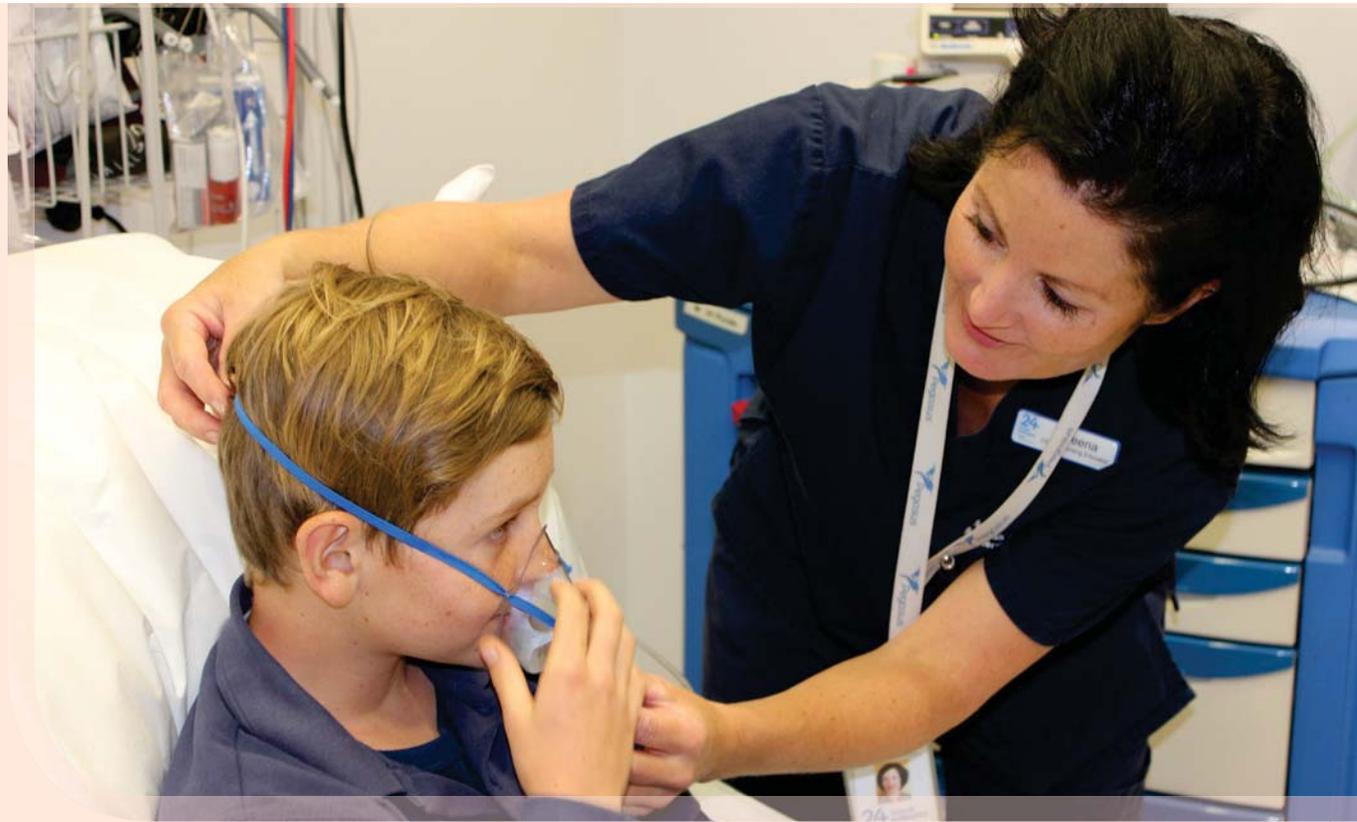
# Long term conditions

Talk to your GP team about the following services.

## Community Respiratory Service

People with respiratory disease can get spirometry (a test to measure lung capacity), sleep assessments, education and pulmonary rehabilitation. This is run by approved general practitioners or by mobile respiratory nurses.

Pulmonary rehabilitation courses are held in various locations in the community. The courses include exercise, education and support to help people learn to breathe and function at their highest possible level.



## Asthma and other breathing problems

Patients with Asthma and other breathing problems such as Chronic Obstructive Pulmonary Disease (COPD), lung cancer, cystic fibrosis and sleep apnoea are provided with information and support from their general practice team.

Pegasus supports the general practice and a Community Respiratory Physician is also available for advice, case review and practice staff education.

## Diabetes

Support is available for patients who have diabetes or who are at risk of getting diabetes. Talk to your general practice team about how they can help you manage your diabetes or prevent it.

## Diabetes and foot care

Foot care is an important part of managing health for people with diabetes. People at risk of developing foot problems due to their diabetes may get up to **six free podiatrist visits a year**, depending on their condition.