

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.*

Older person's health



Health and wellbeing services for you and your whānau / family

Older person's health

Talk to your GP team about the following services.

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

Falls prevention

A **free** service for people 65 years and over, who have fallen or are at risk of falling. Physiotherapists or registered nurses visit people in their homes to do assessments. They also run programmes and refer to group classes to help improve strength and balance.

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.

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.

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.

