

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.*

# Women's health



Health and wellbeing services for you and your whānau / family

# Women's health

## Breastscreening

Women aged 45 - 69 years can access a free mammogram / breastscan every two years. Your general practice will contact you when you are about to turn 45 years about your mammogram.

If your routine screening shows you have breast cancer, you can discuss treatment options with your general practitioner. This appointment will be free.

**Contact:** Your general practice team or BreastScreen South:

**P:** 0800 270 200

**E:** [admin@screensouth.nz](mailto:admin@screensouth.nz)



## Cervical Screening

General practice teams provide cervical smears for women aged 20 to 70. It is recommended you have a smear test every three years to reduce your chance of getting cervical cancer. Some women may be eligible for a free smear – ask your GP team.

## Whooping cough (Pertussis) Vaccine for Pregnant Women

Pregnant women between 28 and 38 weeks are encouraged to get a free whooping cough (pertussis) vaccination.

**Contact:** Your general practice team or Lead Maternity Carer.