

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.*

# People new to New Zealand



## Health and wellbeing services for you and your whānau / family

# People new to New Zealand



If you have arrived in New Zealand from another country, you need to know that you and your family can get most health services through your GP team.

If you are eligible, enrol to get cheaper health services and support for yourself and your family from your doctor and general practice team.

Enrolling is **free**. Ask your general practice receptionist about eligibility. Please bring your passport with your current visa or letter from Immigration New Zealand if you have one.

Bring any information you have about you and your family members' health, including vaccinations books and medicines you are taking.

Health services in New Zealand are confidential.

These services are available to all enrolled patients:

- **Free** interpreting services in your language
- \*Partnership Community Workers (PCWs) to help you and your family access health and social support services you need
- **Free** counselling service with professional interpreters if needed
- To find general practices where they speak different languages **go to:**  
[www.pegasus.health.nz/gp-locator](http://www.pegasus.health.nz/gp-locator)

*\*Only available for those enrolled at a Pegasus Health practice.*

For more community information and contacts visit:

[www.pegasus.health.nz/your-health/useful-links-resources/online-resources](http://www.pegasus.health.nz/your-health/useful-links-resources/online-resources)