

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.*

Stop smoking support



Health and wellbeing services for you and your whānau / family

Stop smoking support

There are now many options of support for people looking to stop smoking. Talk to your doctor or nurse about the best programme for you.

Stop Smoking Canterbury/ Te Hā-Waitaha

Stop Smoking Canterbury/Te Hā-Waitaha provides a **free** quit smoking programme. Stop smoking specialists work alongside you, with your whānau or family, or even in groups in your workplace or community. Nicotine patches, lozenges or gum are provided **free** of charge. Pregnant women receive a voucher for attending an initial appointment with a stop smoking specialist. Further incentives are given for pregnant women who become Smokefree.

Contact:

P: 0800 425 700

E: smokefree@cdhb.health.nz

For more information or to register visit www.stopsmokingcanterbury.org.nz



*PEGS Programme

The PEGS (Preparation, Education, Giving Up and Staying smoke free) programme provides **free** support, motivation, information and prescription of medications to help people who smoke, become smoke free. You can get this service at your general practice.

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

Can Breathe

CanBreathe supports individuals and families with respiratory conditions to quit smoking. Canbreathe's nurses provide **free** smoking cessation counselling and Quitcards for subsidised nicotine patches, lozenges or gum if appropriate.

Quitline - 0800 778 778

Provide **free** phone, text or online advice and support until you are a non-smoker.

Contact: Quitline

P: 0800 778 778

W: www.quit.org.nz