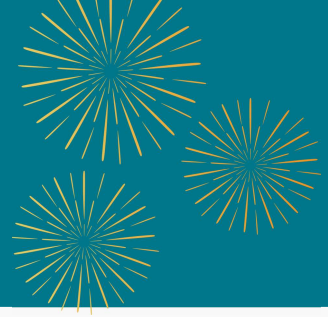


Newsletter

November 2024



We Are Enrolling!

We are currently accepting new enrolments! There are numerous benefits to being enrolled, and this can all be done online. Go to our website at: www.meridianmedical.co.nz and follow the link and send to your friends and whānau.

happy holidays



Please sign in to reception when you arrive.

Signing into reception sends a notification to our doctors and nurses to let them know you are here. If you do not sign in, you may miss your appointment.

Please arrive on time.

Please arrive on time to your appointment. Appointments are only 15 minutes long and if you arrive late, the doctor will not have enough time to see you, or it will cause them to run late which will impact every patient seen after you. It is not fair on the staff or other patients.

New Year On The Horizon

Busy Period

Holiday season is upon us!

As staff go on leave and more people have time outside of work, our books are going to become busier than usual.

We ask that over this period you are patient with us as we navigate the busy season.

How you can help

- Please book appointments in advance
- We ask that you give us at least 2 weeks notice for prescriptions
- Please do not email for appointments. You need to either ring us or book through manage my health (MMH).
- Be kind. Our team are here to help!

Cancellations:

If you need to cancel an appointment, please give us as much notice as possible so we can use the appointment for someone else in need. If we do not have at least 2 hours notice you will incur a consultation charge.



DID YOU KNOW?

Did you know that you can buy 100 Paracetamol or Ibuprofen tablets for under \$5 at the Bargain Chemist and Chemist Warehouse. This saves you a prescription fee of \$20/\$22.50! But if you do need to order a prescription there is a 10% discount if you order it through MMH. There is a 3 day wait for prescriptions.



Christmas Hours

We are closed on December 25th, 26th and January 1st & 2nd.

Urgent Doctors is open daily: 4792900

In an emergency call 111

Do Not Attend (DNA). If you do not attend your appointment and you don't let us know at least 2 hours prior you will be charged the appointment price. Our appointments are precious so if you don't cancel in time we can't use these appointments for other patients who need them.

Please note that appointments are 15 minutes long and that any additional time required will need to be booked in advance and will be charged for. While we don't mind if you choose to have someone sit with you during your appointment, appointments are only for the individual booked in to see the doctor. If your company needs an appointment, they will need to book an appointment, they can not be seen during your own consultation, this includes children.

Newsletter

November 2024

Self-care over the holiday season

From our Health Improvement Practitioner

During the holiday season, self-care can be particularly important. Remember to check in with yourself, your friends and whānau and be present- it is often being present that is the present!

- Make time for movement
- Make supportive food choices
- Prioritize rest & sleep
- Stay hydrated
- Be mindful of alcohol consumption
- Take social breaks and stop scrolling
- Cultivate gratitude
- Seek support when needed



If you would like some extra support over the holiday season you can book in to see our Health Improvement Practitioner Debbie or our Health Coach Briar.



Helpful phone numbers

Meridian Medical Centre 477-9994	Ambulance/Fire/Police 111
Urgent Doctors 477-9994	Healthline 0800-611-116
Youthline 0800-376-633	Lifeline 0800-543-354
Safe To Talk 0800-044-334	Depression 0800-111-757
Rural Support 0800-787-254	Mates in Construction 0800-111-315
Family Violence 0800-456-450	Rainbow Support 0800-688-5463
Elder Abuse 0800-32-668-65	Gambling Helpline 0800-654-655
Alcohol Drug Helpline 0800-787-797	Mental Health Emergency 0800-467-8466

X-mas Recipe

From our Health Coach



Ingredients

- Banana
- Strawberries
- Dark chocolate chips
- Ricotta/ alternative

Recipe

1. Remove leaves from strawberries
2. Cut a slice off the strawberry
3. Take a slice of banana
4. Spread ricotta onto banana slice
5. Try whipping ricotta prior to spreading for a smoother spread
6. Assemble the Santa!
7. Slice of strawberry on the bottom, place banana face down on top (so ricotta is in between the strawberry and banana) and place the rest of the strawberry on top like a hat.
8. Place 2 chocolate chips onto banana as eyes, you could try using some ricotta to help them stick or use dark coloured icing

Immigration Medicals

There will be no immigration appointments available during December & January due to staff leave.

ACC Co-Payment

We frequently have people asking us if there is a charge if their appointment was covered by ACC, the answer is yes. ACC cover a portion of your appointment costs, but not all. We charge our normal consultation fees for ACC appointments.

Charges

Referral letter charges \$20.

If you request a referral letter or forms to be completed without an appointment, there is a charge.

Account payments.

We expect payment on the day for consults unless you have set up an automatic payment prior to your appointment.

Test Results

If you have had some tests done recently and you are wanting to know the results. You can view these on MMH or alternatively call our nurses line and leave a message- they will contact you back regarding these or let you know if you need to book a GP appointment to discuss them. Please note: Expect to wait approx. 8 weeks for radiology results from the Dunedin Public Hospital.