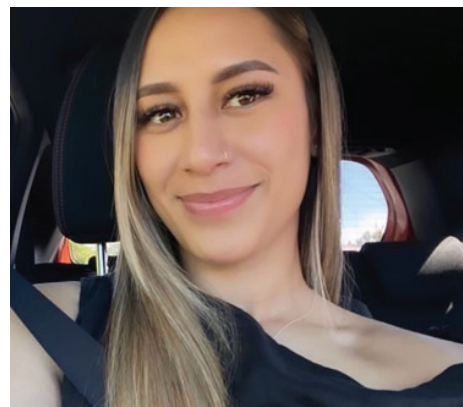


## STAFF PROFILE

### MEET RHIANNON

Kia ora, my name is Rhiannon but you can call me Rhi, I'm 21 years old. Born in Sydney, Australia raised in South Taranaki. I have been working here for over 18 months now at STRHGP. It's my first career in administration and has been challenging along the way but also very rewarding.

Outside of work I enjoy catching up with friends, keeping active at the gym and spending time at the beach surfing/swimming on a good day. I also enjoy interacting with patients so if you see me around say hi!



### THINKING AHEAD TO THE HOLIDAYS

This time of year tends to be extra busy, so it's a good idea to look ahead at your medications and other health needs.

- Will you need a repeat prescription in December/January?
- Do you have an ACC or Medical Certificate that will need to be renewed over the holiday period?

Get in early to save yourself unnecessary stress, and possibly save money too – routine repeat scripts booked through the MyIndici app are only \$5!



### OUR OPENING HOURS OVER THE HOLIDAY PERIOD

Monday.....25 December .....CLOSED

Tuesday.....26 December .....CLOSED

Wednesday .... 27 December .....Open 8am-4pm for urgent needs

Thursday ..... 28 December.....Open 8am-4pm for urgent needs

Friday .....29 December.....Open 8am-4pm for urgent needs

Monday.....1 January.....CLOSED

Tuesday.....2 January.....CLOSED

Wednesday .... 3 January .....Open 8am-4pm for urgent needs

Thursday ..... 4 January .....Open 8am-4pm for urgent needs

Friday .....5 January.....Open 8am-4pm for urgent needs

### STAY SAFE THIS SUMMER

Summer has officially arrived and the countdown to Christmas has begun. It's time to stay cool and look out for whānau with the intense heat predicted these holidays. The age-old advice to slip, slop, slap and wrap should be top of mind, as well as to seek shade, keep hydrated and check first whether it's safe to swim at your local swimming spot.

The holiday season can be a difficult time for some of us and contribute to feelings of loneliness and isolation. Remember to check in on your family, friends and neighbours, even a friendly wave or a quick phone call can keep everyone feeling connected.



## ■ BEHIND THE SCENES – GUMBOOT FRIDAY

*Shannon and Chris put their best feet forward for a good cause*



### ■ AUTOMATIC PAYMENT OPTIONS ARE AVAILABLE

Times are tough and it's not always easy to keep up financially. If you can relate to this, you may prefer to pay a small amount regularly to chip away at your invoice. We appreciate even little payments that go towards anything outstanding. If you set up an automatic payment, please let us know and we will take you off the invoice reminder list. If you have any questions regarding your account, please email us on [strhgp@tdhb.org.nz](mailto:strhgp@tdhb.org.nz)



*Top payment tip – If you pay online, please always put a reference such as your Name or your Chart Number. This helps us allocate the payment to your account.*

### ■ STRHGP FEE INCREASE

On 8 January 2024 our fees will increase by a small amount. Please see the last page of this newsletter for the full list of fees.

### ■ GETTING IN TOUCH AFTERHOURS

Our standard phone hours are from **8-4pm, Monday to Friday.**

If you need health assistance outside of our working hours, please phone our usual number (**278 1383 or 0800 225571**).

You will be transferred to our afterhours service, **Whakarongorau Aotearoa/NZ Telehealth Services**, who will be able to help.

For non-urgent matters, you are also welcome to email [strhgp@tdhb.org.nz](mailto:strhgp@tdhb.org.nz) or message our admin team on the MyIndici app.

## STRHGP ENROLLED PATIENT FEES From 8 Jan 2024

### If you have a Community Services Card -

<b>Doctor &amp; Nurse Practitioner Visits</b> 0-13 years old      Free 14-17 years old    \$13.00 18 years & older    \$19.50	<b>Follow Up Visits</b> 0-13 years old      Free 14-17 years old    \$5 18 years & older    \$15
<b>ACC Visits</b> 0-13 years old      Free 14-17 years old    \$13 18 years & older    \$19	<b>Prescriptions</b> 0-13 years old      Free 14-17 years old    \$5 18 years & older    \$5 Via App & Routine \$10 Routine \$25 Urgent
<b>Cervical Smear</b> \$5 or free in some cases	
<b>Drivers Medicals</b> \$65	

### If you don't have a Community Services Card -

<b>Doctor &amp; Nurse Practitioner General Visits</b> 0-13 years old      Free 14-17 years old    \$33.50 18-24 years old    \$44.00 25-64 years old    \$51.50 65 years & older    \$44.00	<b>Follow Up Visits</b> 0-13 years old      Free 14 years & older    \$25
<b>ACC Visits</b> 0-13 years old      Free 14-17 years old    \$25 18 years & older    \$25	<b>Prescriptions</b> 0-13 years old      Free 14-17 years old    \$5 18 years & older    \$5 Via App & Routine \$10 Routine \$25 Urgent
<b>Cervical Smear</b> \$15 or free in some cases	
<b>Drivers Medicals</b> \$85	

### Other Services -

B12 Injection                      \$5 Boostrix Injection (not funded)    \$45 Cortisone Injection                  Visit fee plus \$40 Dressings                              \$10 Flu Vaccine 64 years & younger    \$35 Nurse Visit                            \$10 Phone Consultation                  \$15 Punch Biopsy                         \$60 Minor Surgery                         \$120 or more Cryotherapy 0-10 years old        \$10 for the course Cryotherapy 11 years and older    \$25 for the course	<b>Free Services</b> Health Improvement Clinic Diabetic annual review Childhood Vaccinations Flu Vaccine for 65 years and older
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## STRHGP CASUAL PATIENT FEES From 8 Jan 2024

Age	Community Services Card	No Community Services Card	Community Services Card – ACC Visit	No Community Services Card – ACC Visit
0-13 years	Free	Free	Free	Free
14-17 years	\$25	\$40	\$13	\$25
18+ years	\$45	\$60	\$19	\$25

## STRHGP NON-RESIDENT FEES From 8 Jan 2024

General Consultation	\$90
Procedure	\$140