



Welcome to the last edition of our newsletter for 2021.

The team at GMC would like to wish you all a Merry Christmas and a Happy New Year.

Clinic Christmas Hours

Urgent Clinic / After Hours: Call us on – 03 2089222 and follow instruction to speak to the afterhours service

The Urgent Clinic is not a walk-in service – you must call the clinic first. Please inform us if you have any respiratory and COVID symptoms, you will still be seen even if you do.

Public Holidays – our clinic is shut on all public holidays

Open 20-24th December (8.30am – 5.00pm)

Closed 24th-28th December – Gore Health are the Urgent Dr during this time

Open 29th -31st December (8.30am – 5.00pm)

Closed 3rd – 4th January – Urgent Clinics (10.00-11.00am – 6.00-7.00pm)

MASK WEARING

Face coverings are mandatory in some places and encouraged elsewhere.

Masks are Mandatory at Gore Medical Centre regardless of any exemptions if you are aged 12 or over.

This policy is in place to protect staff and patients from spreading any airborne illnesses, in particular COVID-19. If you are unable to wear a mask for any reason you will be required to wait in your car prior to your appointment and you will be collected from your car for your appointment. Please call prior if you are unable to wear a mask or wait in your car.

To ensure the safety of everyone present in the consult the Clinician may wear full PPE and a small sanitation fee will be passed onto the patient.

ONLINE PAYMENTS

After a phone consult or when ordering prescriptions over the phone - all fees should be paid on the day.

Our bank account details are **02-0922-0049679-00.**

Quote your name & D.O.B.

All consultations and other services are to be paid at the time of your appointment. Thank you

Sign up to ManageMyHealth today!

ManageMyHealth is a patient portal with the patient in mind!

- Access test results.
- Order repeat prescriptions, pay for it and get it sent straight to your pharmacy.
- Email your doctor questions.
- Book appointments with your doctor.
- And much more! All from your computer or cell phone.

If you wish to sign up to ManageMyHealth, please bring a form of photo ID (such as drivers license) to the centre, and one of our receptionists will sign you up.

You need an email address too. Each patient must have their OWN email and password (e.g. couples cannot be on the same email / account for privacy reasons). Must be 18+ to sign up.



ManageMyHealth™
Mobile Apps are here!



Wanting a repeat prescription or to book an appointment?

We are encouraging patients to order repeat prescriptions through **Manage My Health**, or by calling us. Also please call to book in any appointments, rather than coming into the clinic. This is to avoid large numbers of patients in the clinic and waiting room while we are in the Orange Alert. Thank you.

*Merry
Christmas*



COVID VACCINE CLINICS

We are still running COVID 19 vaccination clinics and we have regular clinics on:

Monday 1.30 pm - 4.30 pm

Tuesdays 1.30 pm – 4.30 pm

Tuesday night clinics from 5.30 pm – 7.00 pm

and Wednesdays 1.30 pm - 4.30 pm

We are not holding any clinics from 22nd Dec to 6th. If you cannot make it to a booked clinic do still call or pop in as we often have some available each day.

To book your 1st, 2nd or Booster dose please call 0800 28 29 26 or bookmyvaccine.nz

If you have any questions regarding the COVID19 vaccine, or COVID19 in general – please visit <https://covid19.govt.nz/> or ring 0800 28 29 26.

If you have any symptoms, please call the dedicated COVID healthline on 0800 358 5453.

COVID VACCINES

Pfizer is the recommended COVID 19 vaccination in New Zealand but for those who are unable or unsure about this vaccine, Astra Zeneca is now available.

You can choose to have either Pfizer or Astra Zeneca as your 2-dose course.

Booster Doses are also now being given, these need to be 183 days after your second dose.

If you would like Astra Zeneca as your second dose or booster after the Pfizer vaccine this needs to be prescribed by your doctor.

The Astra Zeneca vaccine is available from Civic Centre Invercargill, Meridian Mall Dunedin, Queenstown Medical Centre and North Otago Pharmacy Oamaru.

COVID SWABBING FOR TRAVEL

In the Traffic Light system, you need a negative COVID Swab to travel throughout the country.

Free rapid antigen tests will be available at selected community pharmacies from 15 December 2021 to 31 January 2022. These tests are available for travellers who:

- are not fully vaccinated, **and**
- are over the age of 12 years and 3 months, **and**
- do not have COVID-19 symptoms, **and**
- need a negative test result to travel with a transport company, for example Air New Zealand.

Pharmacies offering rapid antigen tests can be found on the Healthpoint website: [Rapid antigen testing locations Healthpoint](#)

New Staff – Welcome Dawn!

Dawn has joined the centre as part of our amazing Reception team earlier this year. Originally from Auckland, Dawn moved to Gore 3 years ago with her family and is thoroughly enjoying the rural lifestyle.



Please welcome Bella!

Bella is a Health Coach with a background in exercise, rehabilitation, and social well-being. A Health Coach role is to support people to improve their general health in what is important for them. Bella offers support with exercise, nutrition, stress management, treatment goals for long-term conditions, self-esteem etc. As well as Gabes, Bella is based in both Gore Medical and Gore Health Centre in same-day appointments or for up to one week. The appointments last around 30 minutes, and patients are welcome to see Bella as much as they want. If you would like to see Bella, you are welcome to ring and book in or speak to your Doctor. We are excited to have Bella join our team!

