

[Unsubscribe Me](#)



## Our wellness programme is FREE to you

### For all patients registered at PFHC

- Our Wellness programme – which provides brief advice, self-management & support both in-person and virtually when you may feel you need some mental health and wellness support, is completely FREE

This includes having appointments with our specially trained Wellness Registered Nurses & your health practitioner, as required.

You can access this service by making an appointment (video, phone or in-person) with your GP or NP.

If needing a referral for funded on-going support for counselling sessions, this can also be arranged.

## What you can access for FREE if you are under 24 years

### For all patients registered at PFHC and under the age of 24 years

- All sexual health, contraception and women's health type Dr & Nursing appointments are completely FREE.

This also includes appointments with The Woman's Health Clinic, which is run by Registered Nurses who are passionate about Women's Health, and have completed additional training and education through an accredited facility in contraception, cervical screening and sexual health prior to working in the clinic.

This includes education, screening, prescriptions, advice and more...

You can book through the portal (if you are over 16 years old) or by phoning the practice.

## ACC services at a REDUCED fees

ACC services are also usually provided at a lower co-payment fee – please ask our Patient Facilitator team if you would like to know about any of our additional services and possible co-payment pricing

See our [website](#) or contact the practice 09 2370280 or email [contact@pukekohehealth.co.nz](mailto:contact@pukekohehealth.co.nz) if you want to find out more

## Fees which will increase from the 28th September

On the 28<sup>th</sup> September, PFHCs co-payment fees for other types of standard appointments will change to the following:

<b>14-17 Years</b>	<b>GP \$26</b>	Registered Nurse	<b>Nurse \$19</b>
	<b>GP with CSC \$13</b>	<b>Prescriber \$24</b>	<b>Nurse with CSC \$13</b>
	<b>ACC with GP \$24</b>	Registered Nurse Prescriber with CSC <b>\$13</b>	
<b>18-24 Years</b>	<b>GP \$32</b>	Registered Nurse	<b>Nurse \$22</b>
	<b>GP with CSC \$19.50</b>	<b>Prescriber \$29</b>	<b>Nurse with CSC \$19.50</b>
	<b>ACC with GP \$29</b>	Registered Nurse Prescriber with CSC <b>\$19.50</b>	

### Why?

As you may be aware, general practice funding received by the Ministry of Health only covers a portion of what it costs to provide general practice services in NZ.

Some general practices receive a bit more funding depending on the make-up of their practice population, however co-payments are still required for any person 14 years and older.

Due to changes in other funding streams, the funding PFHC has used to keep co-payments at the level they are for the above 2 age groups, is no longer able to continue.

## However, to help our patients have even better access to their health team & services, we also have committed to the following:

- My Health Portal – launching 28<sup>th</sup> September 2020 – this provides all registered patients, 16 years and over access to the following:
  - View your medical information
  - View lab and test results
  - Book your appointments
  - Request repeat prescriptions
  - View and track ongoing health vitals
  - Secure payment portal to pay your bill online
  - Healthcare plan dashboard allowing progress up dates and real-time communication with health care team.
- Virtual Consults – stuck at work, traffic, uni, or just want to see your health team from the comfort of home? – Alongside our standard in-person appointments, we offer VIDEO and PHONE appointments for many of our services.

See our [website](#) or contact the practice 09 2370280 or email [contact@pukekohehealth.co.nz](mailto:contact@pukekohehealth.co.nz) if you want to find out more

## Leaving home for Uni life / boarding school?



We can offer a FREE vaccination for **Menactra**  
One dose of Meningococcal Vaccination is recommended for students entering or living in hostel-type accommodation, eg University halls of residence, boarding schools.

Protects against meningitis A, C, W, Y strains.

Age range from 13-25 years.

See our [website](#) or contact the practice 09 2370280 or email [contact@pukekohehealth.co.nz](mailto:contact@pukekohehealth.co.nz) if you want to find out more

## Are you up to date with your H.P.V vaccinations

The HPV vaccine helps protect against a virus that causes several cancers affecting both men and woman. We also offer this for free, get in touch with us today to book your appointment.

