



## ENROLLING NOW



Welcome to our summer patient newsletter for The Doctors Bureta. We are privileged to serve our Tauranga patients and we warmly welcome new patients to enrol. Please ask at reception or contact via phone if you would like more information.

### Manage My Health

Manage My Health is our patient portal that allows you to:

- Order repeat prescriptions
- Book your own GP appointments

Manage My Health is an easy way to book an appointment or request a repeat prescriptions while 'on the go'. To be able to access this you need to register at reception or ask any of our staff for more information.

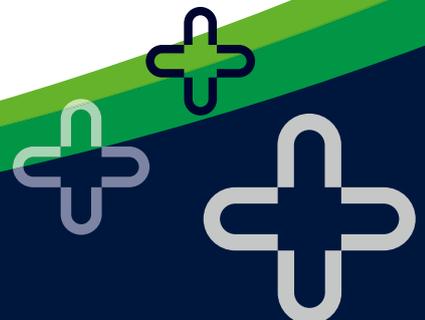


### Summer Health Tips

The days are now warming up – Summer is here, so remember to take care of your health with these helpful summer health tips:

#### Sun Safety

- Follow the SLIP, SLOP, SLAP rule. Slip on some sun-protective clothing. Slop on SPF 30 sunscreen at least 20 minutes before you go outside and every 2 hours after that. Slap on a hat that protects your face, neck, head and ears. And for that added bit of protection put on a pair of sun-safety rated sunglasses.
- For more information on sun safety including demystifying sun screen ratings visit: [www.cancernz.org.nz](http://www.cancernz.org.nz) and enter sun smart into the search box.





## Reminders

### Have you got enough medication for the holidays?

Repeat prescriptions take 24-48 hours so make sure you organise your next prescription ahead of time. You can order a repeat prescription by calling our receptionists or nurses, leaving a message, or you can speak to someone about it now.

### Have you been waiting a while for your appointment?

Sometimes if there is an emergency our doctors can fall behind. Please see reception for an approximate wait time.

**Please be considerate when using cell phones in our practice.** We would appreciate if you refrained from taking calls when in consult with our nurses and doctors as this can interrupt our care. Thank you.

## Christmas Opening Hours

We will be closed on the following days:

**Christmas Day - Monday 25 December**

**Boxing Day - Tuesday 26 December**

**New Year's Day - Monday 1 January**

**Day After New Year - Tuesday 2 January**

If you require medical treatment on any of those days please phone Accident & Healthcare on 07-577 0010. Other days we are open as usual, Monday to Friday 8am-5pm.

## Practice News

Congratulations to our Practice Nurses who have achieved the following PHO awards by reaching their targets across all quarters this year:

- Smoking Brief Advice High Needs Population
- Smoking Brief Advice Total Population CVD
- Risk Assessment Total Population Cervical
- Screening Total Population

## Skin Checks

**Have you considered a skin check?** Our team offer skin assessments of spots, moles, skin lesions or changes in skin. If you are concerned about any spots or would like reassurance, ask us today. Current evidence supports early diagnosis and treatment.

