



Open for all your health needs, caring for you and your family.



Kia ora

Providing healthcare for our community is always rewarding for our team and we have possibly had the busiest couple of years that anyone can remember. As temperatures drop and we spend more time indoors there is an anticipated increase in seasonal ills and chills.

Also, the borders are open, people are socialising more and we want you to stay healthy. Please read on for more about:

- [Our new GP](#)
- [Flu vaccinations](#)
- [Support to stop smoking](#)

- [Self care with Covid](#)
- [Appointments: face-to-face, phone or video](#)
- [HouseCall](#)

Our medical team including GPs and nurses are here to give you the best healthcare and advice, when you need it most.

Stay well,

Inger Kronqvist | Medical Center Manager

[The Doctors St Heliers](#) - Proud to be part of [The Doctors](#)

Welcome to Dr Alice Vermunt



Alice grew up in Auckland where she attended The University of Auckland, graduating in 2014. She then worked at the various hospitals within Auckland before entering general practice.

She comes to us from The Doctors Fred Thomas and **will look after Dr Coran Turner's patients from July 11**. Coran was part of the selection process and highly recommended Alice to take over his patients.

Alice is a Fellow of the Royal NZ College of GPs. She has an interest in palliative care and women's health. Outside of work she enjoys cooking, reading and spending time with friends and family.

She will be available three days a week and looks forward to meeting everyone. Please call us on **09 5757 045** or book online via [ConnectMed](#).

Your winter wellness



Get a flu vaccine at
The Doctors and get
15% off
your purchase at
lifepharmacy.co.nz*

*Terms & Conditions apply. See voucher for details



Flu vaccinations are available now

The flu season is upon us and the Ministry of Health is strongly encouraging the [flu vaccine](#) this year.

We have had minimal exposure to flu virus with the borders shut for two years and therefore, we need to prepare for a worse than usual season.

The flu vaccine is FREE for some people who are most likely to get very sick (ages 6 months+).

- People over 65
- Māori and Pacific people over 55
- Pregnant people
- People with underlying health conditions and aged over six months.

Book your flu vaccine now at our [online booking system](#) or phone reception **09 575 7045**. For a limited time you'll receive a voucher for **15% off your purchase** at [Life Pharmacy](#). Terms and Conditions apply.



Smoking takes your breath away

There comes a time in most smokers' lives when they have had enough, and they want to quit. They know the health risks, they know it costs a fortune and they know they just shouldn't, but the nicotine in cigarettes is highly addictive.

Quitting smoking is hard.

World Smokefree Day on Tuesday 31 May is the ideal time to celebrate our country's smoke-free success and begin your journey to a healthier lifestyle.

[Ready Steady Quit](#) will help you ditch smoking, where the friendly support people can massively improve your chances of quitting for good. They can give you lozenges, gum or patches to help beat nicotine cravings and they stay in contact to check on your progress.

They have plenty of tips and tricks to keep our smoke-free citizens on target. You can self refer at [Ready Steady Quit](#) or free phone **0800 500 601**.



Self care if you have Covid

Most people with Covid are likely to have mild to moderate illness. Self-care advice is regularly updated [here](#), and there is a handy checklist [here](#) to prepare your household before anyone has Covid.

Monitoring your symptoms

From days five to 10 of developing Covid symptoms, it can be the most anxious time for breathing complications. This is more likely to occur for older people and people with:

- high blood pressure
- obesity
- diabetes

It is important to monitor your symptoms and talk with your healthcare team if you have any concerns. [The Doctors](#) have useful information to help you manage Covid at home and keep track of your symptoms.

Call 111 if you:

- Have severe trouble breathing or severe chest pain
- Are very confused or not thinking clearly
- Feel faint or pass out (lose consciousness)



Face-to-face appointments

Consultations are available for all vaccinated and unvaccinated patients but we need to do a few things differently while Covid is in the community.

Please wear a mask at all times in our practice.

When you phone for an appointment we'll ask you if you have any [Covid symptoms](#). If you do we'll ask you to:

- stay in your car or outside,
- phone us when you arrive, and
- wait for further instructions.

Please phone 09 575 7045 to book appointments.

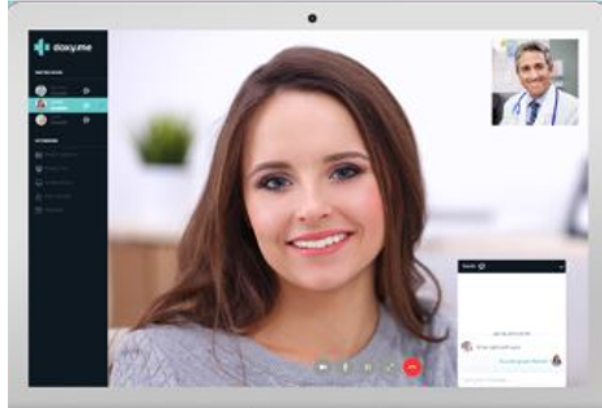


Repeat prescriptions

All requests for repeat prescriptions are sent electronically to your nominated pharmacy.

Please allow 24 hours for this process to be completed and your medication to be available.

Phone, Video & Face-to-Face Consults



Booking appointments

We are providing **face-to-face consults** as well as phone and secure video consultations, which have been very effective for many patients. Most health issues can be managed this way.

Rest assured, depending on your needs, **we continue to offer consults in person, if this is clinically required.**

The advertisement for HouseCall features a teal background on the left with the HouseCall logo (a white cross) and the text "HouseCall", "Online Healthcare, wherever you are", and the website "www.housecall.co.nz". Below this is a small graphic showing three healthcare providers on different devices. To the right, a woman with blonde hair is sitting in a chair, smiling and looking at a laptop. At the bottom, it says "A new service by" followed by the logos for "GREEN CROSS HEALTH" and "the doctors".

HouseCall

Sometimes it is difficult to see your regular GP - kids on school holidays, work commitments, or maybe you're away from the area. [HouseCall](#) brings you the convenience of online healthcare, wherever you are, to suit you.

Booking is easy, with just a few steps, and only takes a couple of minutes.

See a doctor, wherever you are, for \$69.

Visit [HouseCall](#) for more information.



Current Covid information

The Covid situation frequently changes and to stay up-to-date, please refer to the following websites:

- [Covid.govt.nz](https://www.covid.govt.nz)
- [Ministry of Health](https://www.health.govt.nz)
- [Auckland District Health Board](https://www.auckland.govt.nz/health-board)

The Doctors St Heliers

Proud to support our community. Our fantastic medical team is committed to
helping you and your family.

PH: 09 575 7045 EMAIL: info@sh.thedoctors.co.nz
[9B Polygon Road, St Heliers, Auckland 1071](#)

AUCKLAND

North

- The Doctors Red Beach ●
- The Doctors Whangaparāoa
- Albany Family Medical Centre
- Apollo Medical Centre
- The Doctors Fred Thomas
- The Doctors Birkenhead

West

- The Doctors Waimauku
- The Doctors Silver Fern
- The Doctors Huapai
- The Doctors Massey Medical
- The Doctors Golf Road
- The Doctors New Lynn
- The Doctors Mt Roskill

Central

- The Doctors Quaymed Britomart
- The Doctors Quaymed Wynyard
- The Doctors St Heliers
- The Doctors Greenlane
- The Doctors Onehunga ●
- Mt Wellington Medical Clinic

South-East

- The Doctors Ti Rakau ●
- The Doctors Middlemore ●
- The Doctors Drury

LOWER NORTH ISLAND

Whanganui

- Springvale Medical Centre

Upper Hutt

- Gain Health Centre
- Silverstream Health Centre

Lower Hutt

- Muritai Health Centre

Paraparaumu

- Team Medical ●

Masterton

- Whaiora

NORTHLAND

Kerikeri

- The Doctors Kerikeri

Whangarei

- The Doctors Kamo
- The Doctors Tikipunga
- The Doctors Tui

BAY OF PLENTY

Tauranga

- The Doctors Tauranga
- The Doctors Bayfair
- The Doctors Papamoa
- The Doctors Welcome Bay
- The Doctors Bureta

Whakatane

- The Doctors Kopeopeo
- The Doctors Phoenix
- The Doctors Total Health

HAWKES BAY / GISBORNE

Gisborne

- The Doctors Te Whāre Hapara

Napier

- The Doctors Napier
- The Doctors Greenmeadows
- EIT Health Centre
- The Doctors Ahuriri

Hastings

- The Doctors Hastings
- The Doctors Gascoigne

- The Doctors Waipawa

SOUTH ISLAND

Tasman/Nelson

- The Doctors Motueka
- Richmond Health Centre

Christchurch

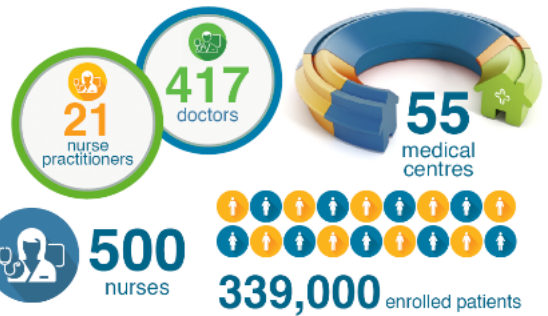
- The Doctors Christchurch South
- Darfield Medical Centre
- West Melton Medical Centre

Queenstown

- The Doctors Whakatipu - Frankton
- The Doctors Whakatipu - Shotover

● Urgent Care Medical Centres

Map is not to scale



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Our mailing address is: 9B Polygon Road, St Heliers, Auckland 1071

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