



As we head into the cooler months, flu season is just around the corner. To help keep you and your whānau healthy this winter, flu vaccinations will be available from 1 April. Please call (09) 630 6981 to book a nurse appointment.

Funded (FREE) annual influenza vaccine is for people who meet the following criteria set by Pharmac:

- All people 65 years of age and over.
- People under 65 years of age who have certain conditions/diseases. See eligible conditions https://cdn.prod.website-files.com/637315ab5c5af16c7e809c42/69a790b5a4674ed22fe4c306_Influenza%202026_Pharmac%20eligibility%20criteria.pdf
- People who are pregnant (any trimester)
- Children 4 years of age and younger that have been hospitalised with respiratory illness or have a history of significant respiratory disease.

The flu vaccine is available for \$35 for anyone who does not meet Pharmac criteria

This year we are also pleased to offer two alternative flu vaccines (unfunded) **Cost \$45.**

- **FLUAD** - for adults 50 years and older. The FLUAD vaccine has been optimised to create more antibodies to help fight influenza. This results in better outcomes (reduced chance of contracting the flu and lower risk of needing medical treatment for the flu) in people who are older or have multiple associated medical conditions.
- **FLUCELVAX** - for all over 6 months of age (children and adults). Some studies have shown that cell-based vaccines, such as FLUCELVAX have been more effective at inducing an immune response and preventing illness in comparison to standard flu vaccines.

More information can be found on our website here <https://www.mtedenvillagedoctors.co.nz/Fluvaccine>

APPOINTMENT ETIQUETTE

We have recently experienced an increase in **no-shows and late arrivals**. If you are unable to attend your appointment, please notify us. We do understand emergencies, work and family obligations may prevent you from attending but by not contacting us **at least two hours in advance** you may be preventing another patient from accessing much needed treatment.

If an appointment is not cancelled two hours prior to the scheduled appointment you may be charged a fee.

If you're running late, please call reception on (09) 630 6981 to check whether the doctor is still able to see you, as standard appointments are 15 minutes. We also encourage you to book a **double appointment** if you have more than 1-2 issues to discuss. If we can not safely manage an issue in the time available you will be invited to return for a second appointment.

We appreciate your understanding and co-operation.

WE DO NOT TAKE WALK INS

Please remember Mt Eden Village Doctors is not a walk-in medical clinic.

If you need to see a doctor or nurse, **always make an appointment first.**



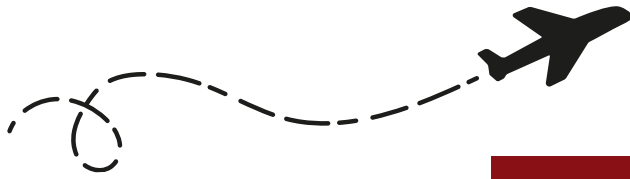
CERVICAL SCREENING

Regular cervical screening is one of the most effective ways to protect against cervical cancer. A self-taken swab is now suitable for most people.

HPV Self Swab Test

Please book a nurse appointment to collect your test kit and be shown how to take the swab. It's a simple, accurate process, and your sample will then be sent away for testing.

If you think you are due or have received a text from us advising you are due please contact reception on (09) 630-6981 or email admin@mtedenvillagedoctors.co.nz to make a nurse appointment.



TRAVEL VACCINES

If you are lucky enough to be heading abroad in the upcoming months, please book a consultation with your doctor to discuss any vaccinations recommended for the destination you are travelling to.

Please allow sufficient time, as some vaccines need to be ordered in and may require more than one dose over several weeks.

Kindly note that all vaccines must be prepaid prior to ordering.

SHRINGRIX (SHINGLES) VACCINE

This vaccine is FREE only for the 12 months from your 65th birthday. Please phone reception to book an appointment. Two doses are required, with 2-6 months between doses.

ORDERING A REPEAT PRESCRIPTION

Please order online through the MyIndici portal or contact the nurse at nurse@mtedenvillagedoctors.co.nz.

Prescription requests are unable to be processed if your account is overdue. Payment can be made either via the portal, bank transfer or in clinic.

Please note repeat prescription requests are always checked by a doctor and sometimes you may be asked to make an appointment before a prescription can be raised.

Your prescription request will generally be processed within 48 hours, excluding weekends and public holidays. Prescriptions requested after 3pm will be reviewed the next business day.

Please let us know if your prescription is required urgently. URGENT same day scripts incur an additional fee of \$10.

As of the 1st of February there are changes to extend prescription duration from 3 months to up to 12 months, where clinically appropriate to do so.



KEY THINGS TO KNOW

- Your GP will decide if a 12-month prescription is appropriate based on your health. Some conditions may not be suitable as they require more frequent monitoring and check ups. Our priority is always patient safety and ensuring the effectiveness of the medication.
- Extended prescriptions are not available for Controlled Drugs, including tramadol, codeine, zopiclone, ADHD stimulants and benzodiazepines.
- You will still pick up your prescription from a pharmacy every 3 months (6 monthly for oral contraceptives)

Please note that we are not currently undertaking initial diagnostic ADHD assessments at Mt Eden Village Doctors.

WELCOME BACK !

We are pleased to announce that Dr Jenny Frith will be re-joining our team at the end of April after a well deserved maternity break. We are all looking forward to having her back, as are her devoted patients.

EASTER / ANZAC DAY CLOSURE

Please note that the clinic will be closed on the following dates:

- Friday 3 April (Good Friday)
- Monday 6 April (Easter Monday)
- Monday 27 April (ANZAC Day observed)

If you require prescriptions over this period please allow yourself enough time to organise this with our nurses.

We hope you and your loved ones remain well over winter and if you need anything please feel free to reach out and call on (09) 630 6981 or email admin@mtedenvillagedoctors.co.nz

Kind Regards,

The Mt Eden Village Doctors Team

Mt Eden Village Doctors

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mtedenvillagedoctors.co.nz



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