

Get your health into shape

Time for a pre-winter health check

Now is the time to visit your doctor (GP) for a check-up and a flu vaccination.

As the weather gets colder people spend more time inside together and bugs can spread easily. Cold and flu bugs and other viruses can make existing respiratory or other long term health conditions worse.

By visiting your GP for a check-up you can make sure

you are doing everything you can to keep yourself and your family well.

Your GP will check you are taking your medications properly and at the right dose. You can get repeat prescriptions or try any new medications.

Protect yourself and those around you against flu by getting a flu vaccination

every year. The flu is a serious illness and can make other health conditions a lot worse.

You can get a flu vaccination from your GP which is free for many people with chronic health conditions and pregnant women. Your children and teenagers can also be immunised. Ask your GP or lead maternity carer for more information.

Read more news at huttvalleydhb.org.nz

Get medical help fast when you're unwell

Your doctor can see you or your child quickly if you are very unwell. Ring your medical centre and ask for a same day appointment.

If your GP is closed you can see a GP at the After Hours Medical Centre, at 729 High Street, Lower Hutt, open 5.30pm to 11pm Monday to Friday, and

8am to 11pm Saturday, Sunday and public holidays.

GPs have your medical records with information about any medications you take and which allergies you might have. No matter which doctor you see, they can access this information immediately.

Hospital outpatient appointments

- some things to help you

If you need to come to Hutt Hospital to attend an outpatient appointment, here are some tips to help you:

- You will receive a letter with an appointment time and contact details for your clinic. Keep it in a safe place
- Many clinics offer online appointment booking through our hospital Ubook service. You can find the quick link on the front page of our website www.huttvalleydhb.org.nz.
- Please let us know if you can't attend your appointment or need to



- change it for any reason.
- You can phone us on (04) 570 9555 or Email cancelmyappointment@huttvalleydhb.org.nz. In your email include

your full name, address, contact telephone number, patient reference number, appointment date, and the name of the person the appointment is with.

Don't have a doctor?

A list of doctors' practices, fees and opening hours can be viewed and downloaded from Hutt Valley District Health Board's website: www.huttvalleydhb.org.nz

Your GP can help with sports injuries

They can see if you require an X-ray, organise ACC forms and quickly send you to a local provider of low cost X-rays.

If the medical centre you normally go to is closed, you can see a GP at the After Hours Medical Centre, 729 High Street, Lower Hutt, They are open Monday – Friday 5.30pm to 11pm and on weekends and public

holidays they are open 8am to 11pm

You don't need an appointment and children under 13 are free.



Celebrating our midwives and nurses



Left Kate Bryson, Registered Nurse and Helen MacGregor, Registered Midwife who both work at Hutt Hospital

A special thank you goes out to Hutt Valley nurses and midwives this month. It's International Day of the Midwife on 5 May and International Nurses Day on 12 May. "Midwives and nurses are hardworking and innovative professionals who contribute hugely to healthcare in our community," says Helen Pocknall, Executive Director Nursing and Midwifery, Wairarapa and Hutt Valley

District Health Boards. "They are an integral part of the healthcare team and it's important to acknowledge the contribution they make. Their care and commitment to providing the best care possible makes a difference in the lives of so many people and their families." Over 1500 nurses and midwives work in the Hutt Valley. Nurses can be found working in primary healthcare, aged

care residential homes, public and private hospitals and in private care. Midwives work either within the hospital or as Lead Maternity Carers (LMCs) in the community. LMCs provide primary maternity care to women by supporting them in their choice to give birth at home or hospital and caring for them and their babies for a number of weeks in the community following birth.



Virginia Hope | John Terris | David Ogden | Sandra Greig | Ken Laban | Wayne Guppy | Katy Austin | Yvette Grace | David Bassett | Peter Douglas