



## **Practice Newsletter #4**

**July /August 2015**

**Free under 13:** Fee changes come into effect on 1<sup>st</sup> July. You will find up to date fee schedules on our website and posted in the waiting room. We are pleased to announce that we will be offering free consultations for children under 13. This applies to both ACC and non-ACC consultations. We have held prices for scripts and nurse consultations, but have put up other standard consultations by fifty cents. The cost of pilot and immigration medicals has increased, but all other medicals remain the same. If you are having trouble affording medical care talk to your doctor or ask to speak to Nicky (Douglas). Paying on the day or within 7 days (or so) of taking an invoice can help, as can making small regular automatic payments.

**Southern Cross Easy Claim:** We have introduced this electronic claiming system for patients with Southern Cross Health Insurance. When you present your member card at the counter, the claim is processed immediately. That means you only need to pay the portion not covered by the claim. There are brochures on the counter explaining this in more detail. Feel free to take one.

**Beat the Blues:** Winter can be a tough time especially for those whose mood is affected by shortened dark days. Depression is very common. Fortunately it is treatable and [www.depression.org.nz](http://www.depression.org.nz) has some good resources for recognising and dealing with this.

**Solar Power:** Your surgery is now solar powered. Recently we installed a massive number of photovoltaic cells on the roof that even in the middle of winter is producing electricity . It is not the biggest installation in Nelson - Kimi Ora Resort holds that honour, but we like to think it is a significant contribution to the environment.