

## Welcome to Autumn

In this, the latest issue of our newsletter we greet our newest GP and take a look at HealthOne, winter Flu vaccinations and Coronavirus (COVID-19)



### Kia ora and Hello from all of us at Hauora Health Centre.

It's been a really busy time in our Practice and in the New Zealand health scene as a whole. In this newsletter we have an update on what's happening in your healthcare centre and we've tried to summarise the most important happenings in health into this newsletter so that you are informed. If you have any questions about anything we discuss in this newsletter please get in touch by sending us an email

### Coronavirus (COVID-19) Instructions

Do you have a cough, fever, shortness of breath  
and

Have you travelled outside of New Zealand in the last 28 days?  
or

Have you been in close contact with someone with a suspected  
or confirmed case of Coronavirus (COVID-19)?

If you answer "YES" to any of these questions

**DO NOT COME TO THE PRACTICE  
WITHOUT CONTACTING US FIRST**

Call us instead or your best source of information about what to do is the Covid-19 Helpline. The helpline is available 24 hours a day and is free to call on

**0800 358 5453**



Welcome to...

#### Dr Teng Hong Lee

Teng Hong was born and trained in Singapore and has been practicing medicine for the last 35 years. He is a proud father to 6 children aged between 30 to 15 years old. Together with his wife, Jessie they moved their family from Vancouver to New Zealand 3 years ago and was based in Napier, Hawkes Bay before relocating to Nelson recently.

Teng Hong's favourite hobbies include reading, tramping and travelling. Being a Singaporean of Chinese descent, he is fluent in English, Mandarin, Cantonese, Teochew and Hokkien.

Teng Hong has a specific interest in helping patients reverse chronic diseases through switching to whole food plant-based nutrition.

### Winter is coming...Book now for Flu vaccination

We've had a few enquiries about flu vaccine availability and the good news is that for many patients the vaccination is free and available soon. You can book now through our patient portal or by calling our reception team.



#### Am I eligible for a free Flu vaccination?

Eligible patients include people aged 65 and over, pregnant women, people with certain chronic conditions and young children with a history of severe respiratory illness. For the full details of eligibility criteria, see the [FightFlu website](#)

If you do not qualify for a free flu jab, you will be able to book for a flu jab from Monday 13th April.

#### Why should I get a Flu vaccination?

Influenza vaccine does not protect against COVID-19, however it will help prevent a serious illness that causes hundreds of deaths and places significant pressure on healthcare services each winter in New Zealand. Improving protection against influenza for our healthcare workforce and for our most vulnerable populations will improve our ability to manage increased demand as a result of COVID-19

#### Booking using Myindici Patient Portal

To book your vaccination through our [myindici](#), select **Special Clinics** as the provider and then choose Flu Vaccination Clinic.



#### myindici Patient Portal Update

Our new [patient portal](#) is still free to sign up to and use and it gives you access to your health information, a simple way to request repeat prescriptions and book appointments.

The patient portal also has other features that we are turning on and starting this month we are going to enable video consultations. Video consults mean that you can stay at home and talk to a GP or Nurse using your computer, tablet or smartphone. There are limits to what we can do using a video consult, but they might be a good option if you are worried that you are infectious.

If you would like to book a video consultation please ensure you are registered for the Patient Portal.



HealthOne collects and stores your health information including GP records, Hospital and specialist records, prescribed medication and test results. Authorised Healthcare Providers such as GPs, Community Nurses, Pharmacists and hospital doctors and nurses can access the information stored in HealthOne.

Like all most other practices in Nelson, Hauora Health Centre is now connected to HealthOne. Our GPs can use HealthOne to view health information relating to any stays you have in hospital and the result of referrals we have made for you; information we couldn't see before.

We firmly believe that your health data is YOUR information. It is up to you to decide if you want your data shared on the HealthOne platform or not. By default, all our patients have their data shared to HealthOne. If you are concerned about keeping your data safe and secure you can find out more at the [HealthOne website](#)

### Stay Tuned...there is more to come

We will be sending out more email newsletters to keep everyone informed with the rapidly changing Coronavirus situation.

#### Hauora Health Centre

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