

Te Puke Medical Centre Newsletter

Flu Vaccinations 2025: Important Information

As flu season approaches, we want to keep you informed with the latest updates on flu vaccinations and clinic availability.

Free Flu Vaccine Eligibility

The 2025 flu vaccine is available for free to individuals at higher risk of severe illness, including:

- People aged 65 and over
- Individuals aged 6 months and older with long-term medical conditions such as diabetes, asthma, or heart disease
- Pregnant individuals
- Tamariki (children) under 4 years old who have been hospitalized for respiratory illness or have a history of significant respiratory conditions
- People living with mental health conditions, such as schizophrenia, major depressive disorder, bipolar disorder, or schizoaffective disorder
- Those currently receiving secondary or tertiary mental health and addiction services

The free flu vaccine available in Aotearoa New Zealand for both tamariki and adults (6 months and older) is called Influvac Tetra.

For full details on eligibility criteria, click [here](#).

Flu Clinic Information

Our flu clinic will begin on **Wednesday, April 2nd**, and will run daily from **9:00 AM to 12:00 PM**. To book your flu vaccination, please phone our reception team to schedule an appointment on 573 9511.

Flu Vaccine Costs

- If you are ineligible for the free flu vaccine or do not have a voucher from your employer, the cost is **\$38**.
- If you are aged 65 or over, we also offer **Fluad Quad** for **\$48**.

If you're unsure of your eligibility, please consult your healthcare provider.

For more information about the flu vaccines available, please visit [here](#).

Ensuring the health and well-being of our patients is our top priority. If you have any questions or concerns about flu vaccinations or clinic appointments, don't hesitate to get in touch. Stay safe and healthy this winter!

Patient Survey

We recently conducted an in-practice patient survey and wanted to thank those patients who responded. With any feedback, we have taken the comments onboard and will discuss them with the management team to ensure we are providing the best services we can. We do welcome any comments or feedback regarding how we do at the practice and the services we provide, so if you would like to discuss anything or send any feedback through, feel free to email us at tepuke.admin@raphs.org.nz. You can also leave a review on our Google page too.

Staff Changes

We are delighted Dr Brooke Vosper will be welcoming another new addition to her family, and will be on maternity leave from the end of April. We will be joined by a new addition to the practice, and welcome Dr Phoebe Shearman who will be covering Brooke's patients during her leave.

We are also sad to say goodbye to Dr Cheryl Pittar who will be leaving the practice in June to pursue her own interests in the health industry. We do wish her good luck in her future endeavours and she will be missed in our practice. If you are registered with Dr Cheryl, more information will be sent out closer to the time she is leaving.

Ear Clinic

We run an ear clinic every Tuesday between 8.30am and 12.30pm. We are equipped with an ear microscope for ear suction and wax removal by a trained ear health nurse – who can inspect the ear canal and remove any obstructions. People who wear hearing aids require regular check-ups as wax builds up and reduces the effectiveness of the aids. If hearing aids are covered by ACC, then suctioning is at a reduced cost. If medication for ears is required, Doctors are available to provide the necessary prescription while you attend the consultation, at no extra charge. We operate a reminder system for those who require regular checks. If you would like to book in for this, please contact the admin team on 07 573 95 11 or email teuke.admin@raphs.org.nz.

Patient Portal

We launched our patient portal a few months ago, My Indici 2.0 which we are very excited about and encourage any patients who have not signed up for it to contact us for access. A patient portal is a secure and convenient way to manage more of your own health care both through an app on your phone or via computer. The portal allows you to check test results, book appointments, and order repeat prescriptions on the go. Please contact the admin team on tepuke.admin@raphs.org.nz if you would like more information on this service.

Urgent Clinic

As you are aware we run an urgent care clinic daily between 8am and 5pm. This is a walk-in clinic however we do urge any patients who are planning on coming in to contact us prior as we may have appointments available as an alternative on the day.

Appointments

We often get asked why our appointments are only 15 minutes so we have attached an information sheet on the reasons why and included a bit of advice on how to make the most of your appointment. We do hope this helps in answering some of your questions and in your planning of your appointments.

We send out text reminders the day before for appointments and we do understand things may come up, however we do ask if you can't attend your scheduled appointment, please contact us prior as your appointment can be used by another patient.