KNOW YOUR OPTIONS

Need medical help after hours?

Here's where to get care when our general practice is closed



EMERGENCY: Critical or life-threatening

- Call 111 immediately; or
- Go to Tauranga Hospital
- 829 Cameron Rd, Tauranga
- Open 24 hours a day, 7 days a week



URGENT CARE: Can't wait, needs in person care

- Go to Accident & HealthCare Tauranga
- 19 Second Ave, Tauranga
- 7am–10pm daily (closing time, not last arrival)
- Walk in, no appointment needed



ONLINE GP: No need to see a doctor in person

- Book a phone or video consultation with Practice Plus
- Call 0800 7722 7587; or
- Go to practiceplus.co.nz | Scan QR code
- Mon-Fri 9am–10pm; Sat-Sun & Holidays 8am–8pm



24/7 FREE HELP: Unsure what's going on or what to do?

- Call Healthline 0800 611 116 for free advice about your symptoms
- Available 24 hours a day, 7 days a week
- Ask your local community pharmacist for advice
- Visit healthify.nz or scan QR code for self-help resources

Western Bay of Plenty Primary Health Organisation

TŪNGIA TE URURUA KIA TUPU WHAKARITORITO TE TUPU O TE HARAKEKE

Practice PLUS

ACCIDENT & HEALTHCARE