



169 Medical Centre
169 Russell Street
Palmerston North
P: (06) 357 0437
E: reception@169medical.co.nz

Patient Newsletter May 2026

Flu vaccinations 2026

Funded Vaccines

Funded flu vaccines will be available from **1 April 2026**. Please call our clinic to **book an appointment**.

Also available Non-Funded vaccines:

FLUAD® TIV(for people aged 65+)

- Designed specifically for older adults
- Provides **longer protection than the standard flu vaccine – up to 12 months**

Flucelvax (for people aged 6 months+)

- Suitable for children and adults
- Has shown **up to 19% greater vaccine effectiveness** compared with the standard flu vaccine across the past three flu seasons

Cost: \$45 per vaccine

For more detailed information about these vaccines, visit:

www.cslseqirus.co.nz

APPOINTMENTS – How to Access Care

If you are unwell and need an urgent appointment:

Please call us first – we keep urgent appointments available each day for patients who are unwell.

Our nurse will talk with you and, depending on your needs, will:

- Book you an **urgent GP appointment**
- Offer a **nurse appointment**
- Give **advice over the phone**
- Direct you to **Practice Plus** (telehealth service), **City Doctors**, or the **Emergency Department**

We do not run a walk-in clinic – please only come to the clinic if you have a booked appointment. This helps us provide safe, timely care for all patients.

Missed Appointment Policy

We are very busy and appointments are in high demand.

If you cannot attend, **please call to cancel** so we can offer your slot to another patient.

Missed appointment fee: \$30

Practice Plus – Telehealth Service

We partner with Practice Plus to provide after-hours and urgent care consultations for our patients. Practice Plus clinicians can access relevant health records held by our practice to support continuity of care. Practice Plus handles your health information in line with the Health Information Privacy Code. You can read their privacy policy at <https://practiceplus.nz/privacy-policy>.

If you cannot get an appointment with us or need care outside our opening hours, **Practice Plus** offers secure video and phone consultations with experienced GPs.

12 Month Prescriptions

- If you want a **prescription that lasts for 12 months**, you must **book and see a GP (doctor) for an appointment**.
 - Not all medicines will qualify for a **12-month prescription**.
 - The **GP will decide** which medications are safe or appropriate to prescribe for that long.
-

Patient Experience Survey

Our practice participates in the NZ patient experience survey. You may receive an email or text inviting you to participate. This helps us to understand what we do well or could do better.