

The Healthcare System of New Zealand

Do you...
Find it hard to breathe?
Cough a lot?

Talk to your doctor

or go to www.healthinfo.org.nz or
www.lungfoundation.com.au/lung-health/checklist/#

 Canterbury
Better Breathing
Pulmonary Rehabilitation Programme



**“Early detection
is your best protection.”**

Eligible women aged 45-69 can have
a free mammogram (breast x-ray)
every 2 years.

0800 270 200
www.nsu.govt.nz



**“My health,
my body,
my future”**

All women aged 20-70 should have
cervical screening every 3 years.

0800 729 729
www.nsu.govt.nz

 **INTERPRETING**
New Zealand

Trained interpreters 24/7

Ask for an interpreter - it is usually free
for patients



0508 468 377
canterbury@interpret.org.nz
www.interpret.org.nz

Websites

health.govt.nz

cdhb.health.nz

pharmac.govt.nz

acc.co.nz

webhealth.co.nz

The Ministry of Health (MoH) oversees and funds 20 District Health Boards (DHBs).

Eligibility

Many health services in New Zealand are free or subsidised. To be eligible for public health care, you need to be

- a New Zealand citizen,
- a New Zealand permanent resident,
- the holder of a two-year work visa or
- a quota refugee.

Being eligible gives a person a right to be considered for publicly funded health or disability services (ie, free or subsidised). It is not an entitlement to receive any particular service. Individuals need to meet certain clinical and other assessment criteria to receive many services.

The details about the eligibility criteria can be found at health.govt.nz

Payment

Non-residents may have to pay for some hospital services, but you will not be refused emergency care if you cannot pay.

For most primary care services, you will need to pay a fee. However a consultation with your family doctor or practice nurse is subsidised if you are an enrolled patient. Generally you would expect to only pay around 50% of the total cost of a consultation. Health services and prescription medicines are free for all enrolled children under six years of age.

Treatment in New Zealand's public hospital system is free if you are eligible.

Choosing a Family Doctor (GP)

A family doctor or 'GP' is a part of the primary health team who are your first point of contact with the

New Zealand health system. This team normally includes your GP, practice nurse and pharmacist. It is important to register with a GP as soon as you can after arriving in your new home town or city. Most GPs practice within a medical centre.

Browse through webhealth.co.nz to choose your GP.

Community Services Card (CSC)

A Community Services Card is issued by a Government Department known as "Work and Income". You can apply for a Community Services Card if you are: \$ 18 years old or over (or 16-17 years old in full-time tertiary study) \$ on a low to middle income (the amount depends on your family situation) \$ a New Zealand citizen or permanent resident.

In case of accidents - ACC

If you are a New Zealand citizen, permanent resident or hold a temporary visa, and have had an accident and are injured at work or at home, the Government Accident Compensation Corporation (ACC) will probably provide personal injury cover. ACC cover does not entitle you to free medical care. You will still have to pay for some of the treatment following an injury at home or work. Some eligibility criteria also apply. ACC does not cover illness, stress or emotional issues, injuries relating to ageing and injuries which come on slowly. It should be noted that ACC covers all accidents that occur in New Zealand no matter your immigration status.

For more information about ACC personal injury cover, phone free on 0800 101 996 or visit acc.co.nz

Ambulance services

St John's provides ambulance services for most of New Zealand's population. To call for an ambulance in an emergency

phone 111.

Dental care

Basic dental care for eligible children is free from birth until his/her 18th birthday. After that you must pay for dental care.

Pharmacy services

If your medical condition requires treatment with medicine, your doctor will write you a prescription. Do note that in New Zealand, prescription medicines cannot be purchased without a prescription. A charge of \$5.00 for each item on your prescription will be payable by those eligible. Most prescriptions are fully-funded by the Government, but some have a higher patient charge. This is because that particular medicine is not fully-funded. This charge will be extra to the \$5.00 set fee.

If you qualify for free public health care, you get:

- free public hospital treatment
- free treatment at a public hospital's 24-hour Accident and Emergency Departments
- reduced prescription fees
- reduced fees for visits to general practitioners (GPs) but you need to be enrolled with a general practice to get the greatest discounts
- reduced fees for specialist care such as physiotherapists, chiropractors and osteopaths when referred by a GP for an accident
- free or reduced costs for health care if you have an acute or chronic medical condition
- no charge for most laboratory tests and x-rays, except at privately operated clinics but laboratory tests or x-rays are not free for employment or training medical examinations even you are eligible for free public health care
- no charge for health care during pregnancy and childbirth, unless provided by the private medical sector
- apart from the initial consultation fee, there is no charge for GP referrals to a public hospital for treatment
- reduced or no fees for children under six for visits to the doctor and for prescriptions
- free breast screening for women aged between 45 and 69 years
- free cervical screening where applicable

Free phone advice

Healthline -
0800 611 116

Plunketline -
0800 933 922

Seniorline -
0800 725 463

Disability support -
0800 373 664

DO YOU NEED HELP, SUPPORT + INFORMATION ABOUT DIABETES?

Please don't hesitate to call into **DIABETES CHRISTCHURCH INC**
Ground Floor, 550 Hagley Avenue
or have a look at our website:

www.barnabybee.com

We have a good range of diabetes medical products, shoes, socks and foot products, diabetes recipe books and travel bags.

We stock Dextro and HypoFit, as well as containers for your needle disposal.

You can join one of our society support groups or find out more about this chronic condition. Support and empathy is our mission. Telephone 378-6266.



Felise, Parklands

**“I know I can
make a difference.
I'm just finding
out how.”**



Real families aren't picture perfect. They're messy, playful and so much better.
allright.org.nz/parents

all right?

All the above information is courtesy Pegasus Health.

For further details on healthcare related topics visit healthinfo.org.nz