

Benefits and Implications of Enrolment

What is enrolment?

Enrolment with a Primary Health Organisation (PHO) means that you have chosen to use a particular doctor and PHO for your regular and ongoing health care.

Benefits of being enrolling with East Health Trust PHO?

- East Health Trust PHO receives funding from the Government to help provide different types of services. We can now do more to keep people healthy as well as looking after you when you are sick.
- Enrolment is voluntary.
- Reduced doctor costs.
- You may be eligible for specialised programmes of care.

To enrol, you need to complete an Enrolment form and provide proof of identity and eligibility.

What happens if I go to another Clinic?

You can go to another GP at any time. You will be charged a higher fee if you are a casual patient.

What happens if I am enrolled in a general practice but don't see them very often?

If you have not received services from your general practice in a 3 year period, it is likely that the practice will contact you and ask if you wish to remain with the practice. If you are not contacted or do not respond, your name will be taken off the practice and PHO enrolment registers. You can re-enrol with the same general practice or another at a later date.

Where do I go for After Hours Care?

East Care Accident and Medical Centre

Open 7am - 11pm, 7 days a week
260 Botany Road, Golflands 2013
09 277 1516

Counties Urgent Care

Open 8am - 10pm, 7 days a week
6-18 O'Shannessey Street, Papakura
Ph 09 299 9380

Urgent Care Franklin

Open 8am - 8pm, 7 days a week
12 Glasgow Road, Pukekohe 2120
09 238 6610

Our Clinics

Beachlands Medical Centre 129A Beachlands Road, Beachlands 2018	536 6006
Botany Doctor Medical Practice 564 Chapel Road, East Tamaki 2016	279 0460
Botany Junction Medical 110 Michael Jones Drive, Flat Bush 2016	265 0321
Botany Terrace Medical Centre 301/F Botany Road, Golflands 2013	274 1818
Clevedon Medical Centre 27 Papakura-Clevedon Road, Clevedon 2582	292 8189
Crawford Medical Centre 4 Picton Street, Howick 2014	538 0083
Eastern Family Doctors Unit L, 17 Aviemore Drive, Highland Park 2010	534 1790
Highbrook Medical 31 Highbrook Drive, Highbrook 2013	273 4876
Highland Park Medical Centre 14 Highland Park Drive, Highland Park 2010	535 8095
Howick House Medical Centre 43 Moore Street, Howick 2014	535 8797
Juliet Ave Surgery 59 Juliet Avenue, Howick 2014	534 8780
Kawakawa Bay-Orere Health Clinic 22 Kawakawa-Orere Road, Kawakawa Bay 2585	292 2812
Marina Medical Level 1, Compass Building, The Marina, Half Moon Bay 2012	534 5414
Millhouse Integrative Medical Centre 128 Millhouse Drive, Howick 2014	537 4980
Ormiston Medical Level 2, 211 Ormiston Road, Flat Bush 2019	265 1325
Pakuranga Medical Centre 11 - 13 Cortina Place, Pakuranga 2010	950 7351
Picton Surgery 2/2 Fencible Drive, Howick 2014	534 7176
Pukekohe Family Health Care 10 West Street, Pukekohe 2120 and; Newsham Park 41-45 Twomey Drive, Pukekohe 2120	237 0280
Vincent Street Family Doctors 80A Vincent Street, Howick 2014	537 0789



EAST HEALTH TRUST PHO

Caring for our Community

260 Botany Road, Bldg B, Golflands, 2013 PO
Box 38 248, Howick, 2145

Phone +9 538 0599

Fax +9 535 5908

www.easthealth.co.nz


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East Health Trust, established as a Primary Health Organisation (PHO) on 1 July 2003, covers the Howick, Botany, Pakuranga, Beachlands, Clevedon, Flat Bush, Maraetai, Kawakawa Bay and Pukekohe areas. Our enrolled population is approximately 115,000.



We are a group of primary health care providers including doctors (general practitioners), nurses and other health professionals who work together across our area to coordinate and improve health care for you and your family.


MISSION STATEMENT


East Health Trust Primary Health Organisation for its enrolled and potential population and community will:

 Ensure that everyone is treated with respect and dignity, their culture is valued and the principles of the Treaty of Waitangi are recognized.

Endeavour to improve health equity.


 Empower personal and community health and wellbeing by promoting quality information, facilitating innovative programmes and endorsing healthy lifestyle choices.

 Ensure the provision of quality preventative and interventional medical care.

 Enhance the skills and knowledge of personnel and providers.

Services provided to our enrolled population and community

Adolescent Sexual Health

This programme provides free sexual health visits for any person under 22 years old when seeing any East Health Trust doctor or nurse. No referral is required and visits are completely confidential.

ElderCare

This programme supports older people to live independently in the community by providing them with information about health and community services. Specific referrals for individuals can be made by any East Health Trust doctor or nurse. ElderCare provides health education to community groups about ageing positively. This includes supporting people to live well by creating a plan for the process of thinking about, talking about and planning for future health care. This is called **Advance Care Planning**.

Health Promotion

Health promotion programmes enable people to increase control over things that affect their health. These are about total health, which includes social, mental, spiritual and physical aspects of health.

Immunisations

Immunisations are offered to babies, children and adults to protect against serious and preventable diseases.

Palliative Care

If palliative care is required, patients and their family, may be offered subsidised services and extra support in the later stages of a terminal illness.

Care Plus

This Care Plus programme is for people with high health need who require extra support in order to achieve better health outcomes. A number of health services can be used to manage your health once enrolled in this programme. These services are subsidised or are fully funded. Please speak to your practice team to see if you are eligible.

Mental Health, Wellbeing and Addiction

After an initial consultation with your GP/Nurse you could be eligible for the Wellness Support programme. At the practice, assessment and supportive care is provided. This could include brief intervention and support for problem solving/behavioural activation/sleep management/motivation interviewing and possibly medication. Funding* for talking therapy may be considered with a Clinical Psychologist, Counsellor or online support. Referrals to Adult and Youth Mental Health and Addition services are part of this service.

Need to talk? freecall 1737 anytime for support from a trained counsellor.

** Criteria applies*

Primary Options for Acute Care (POAC)

This service offers an alternative to acute hospital referrals by allowing doctors to access fully funded investigations, care or treatment for their patient while in the community setting. This includes a range of community diagnostic, therapeutic and logistic services.

Screening

- Breast Screening (Mammography)
- Healthy Heart Checks
- Cervical Screening
- Falls
- Bowel Screening

Self Management Education (SME)

East Health provides a wide range of SME programmes for people living with or caring for someone with a long term health condition. These informative, practical sessions help people manage their own health more effectively.

Groups offered:

Diabetes Self Management
Live Well (Weight) Self Management
Mindfulness Based Stress Reduction
Quit Smoking Support (via Counties Smokefree Services)