

Care options for you and your whānau

There are a range of healthcare options available if you can't see your regular GP. Many are available after hours and at weekends.

Healthline 0800 611 116



- Free over-the-phone health advice 24/7 from nurses and paramedics.
- Māori clinicians are available from 8am to 8pm weekdays.
- You can send photos or videos to help explain your symptoms.
- Option to ask Healthline to call you back.

Visit healthnz.govt.nz/healthline

Online doctor



- Online or over-the-phone appointment with a doctor any time, including after hours and weekends.
- **Free for children aged 13 and under.**
- Low-cost appointments for ages 14-17 and Community Services Card holders.

Find an online doctor at healthnz.govt.nz/OnlineGP

Pharmacy



- Advice on medications and minor concerns including colds, rashes and itchy skin.
- Many can also help with eye infections, urinary infections, emergency contraception, vaccinations and more.
- May be able to provide a few days of medication if you run out and need a new prescription.

Find a pharmacy at healthpoint.co.nz

After hours and urgent care clinics



- After hours or urgent care if your GP isn't available and you need to see someone in person.
- For urgent medical issues including breaks, sprains, bad cuts, head knocks, minor burns, eye and ear issues, and if you feel really sick.
- Free appointments for children and low-cost appointments for Community Services Card holders at some clinics.

Find your nearest urgent care clinic at healthpoint.co.nz

Visit healthnz.govt.nz for health advice and information on services.