

Manage your own health

With the winter months fast approaching, now is the time to sign up for Manage My Health, a free and secure online service offered by Kaipara Medical Centre.

It's the ideal solution for people who want to see what doctors are available when, order repeat prescriptions or check immunisation records but who don't have time to wait in a queue to see the centre's reception staff.

To end of February 790 patients had enrolled with the service, but only 522 have actually activated their login.

The goal is to have 2000 patients signed up to the service by the end of June this year.



The first 30 patients who register and activate their Manage My Health accounts in April will receive a free cookbook. Thanks to Four Square Parakai for the kind donation of the cookbooks and helping encourage our community to eat healthily. The medical centre staff are happy to help patients sign-up for the service. Either pop in or phone them on 09 420 8400.

New look for Birthing Centre

While we're on the subject of technology, the Helensville Birthing Centre has given its website a revamp with a whole new look and design.

If you're interested in having your baby at the centre pop online to download a booking form. You'll also find lots of information about local midwives, breastfeeding support and visiting hours.

Be sure to check it out at www.birthingcentre.co.nz.

