

Health is a journey...  
**DISCOVER MORE**



[healthnavigator.org.nz](http://healthnavigator.org.nz)

Navigating the healthcare system  
Managing your health starts with knowing where to go

July 2017



Love it or hate it, unfortunately winter does bring with it more illness. It's best to see your family doctor when you're feeling unwell. But when you need care after hours, or if there is an emergency, it's good to know what services are available.

Many health and support services are free or low cost. Here are our top tips for knowing where to go when you need healthcare:

1. Visit your family doctor (GP) for non-urgent health concerns.
2. Your local pharmacy can also give you advice and treatment for many minor conditions, including colds and the flu.
3. If you have a non-urgent concern outside of business hours, but are worried enough to want advice, or don't know if your concern is urgent or not, you can still phone your GP or the government's free 24/7, Healthline, on 0800 611 116, or go to your nearest accident and medical (A&M) clinic. At an A&M clinic, you may qualify for low-cost or free care.

4. For serious injuries or other emergencies, go to the hospital emergency department or phone 111 for an ambulance. Treatment at the hospital is free, but you will usually be charged for an ambulance.

For where to go for mental health services, care for the elderly, pregnancy care and looking after your child's health, visit the [where to go when you need health care](#).

You can read more on the [NZ healthcare system](#), as well as help finding a [health service](#) or [support group](#).

Wishing you a happy and healthy winter,

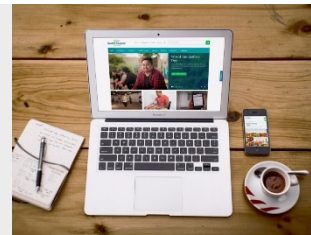
*Your Health Navigators*

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## We need your help

### [Health Navigator survey](#)

At Health Navigator, we're always looking for ways to improve our website, and that starts with your feedback. Please take the time to complete this short survey and share it with your friends and networks.



## General health roundup

### [What you need to know about mumps](#)

Auckland Regional Public Health Service has released a statement confirming 130 cases of mumps in Auckland so far during 2017. A high number of these were caused by children not being fully immunised against the disease.



### [Got the winter blues?](#)

You've probably heard people talk about having the winter blues, or maybe when it rains day after day, you start to feel a bit down yourself. Simple lifestyle changes can help, so here's our ABC (and a little bit of D) to help manage the symptoms of seasonal affective disorder (SAD).



### [Why volunteering is good for your health](#)

By becoming a volunteer, not only will you brighten somebody else's day, you will also brighten your own. We give you five reasons to get cracking and get volunteering.



### [How bowel screening could save your life](#)

Between 2017 and 2020, a national bowel screening programme will progressively become available to everyone aged 60 to 74 years who is eligible for publicly funded healthcare in New Zealand. We bring you the details.



### [How to fuel your body for peak performance](#)

Whether you're a top athlete or a weekend rugby player, sports nutrition helps you achieve your sporting goals and lead a healthier life. Find out how!



### [Need to talk?](#)

Phone or text 1737 anytime day or night to connect with mental health and addictions professionals. The help you are looking for might be just a phone call away.



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## Parenting puzzles solved

### [When you smoke so does your unborn baby](#)

Smoking while you are pregnant can cause problems for both mum and baby, so pregnancy is a great time to quit smoking. And there is support available to help you quit.



### [What you need to know about chickenpox](#)

Although chickenpox is a common childhood illness, it can be distressing, so we have a few useful tips for caring for your child.



### [Understanding postnatal depression](#)

Postnatal depression is more common than people think. With treatment and support, women can make a full and faster recovery. Early intervention provides the best chance of recovery so it pays to be aware of the symptoms.



## Understanding your medicines

### [What are emollients and moisturisers](#)

Emollients and moisturisers soften and hydrate your skin and are used for dry skin conditions. Understanding how they work and how to use them increases their effectiveness.



## Health app review

### [Mobile apps – which ones to trust?](#)

Mobile apps support lifestyle, disease management, mental wellbeing and behaviour change, but how do you know if they work or if they are safe to use? Health Navigator regularly publishes technical and clinical reviews of apps so you can decide which ones are best for you and your whānau. Visit our app library!



This month's featured app is [Migraine Buddy](#), an app for people with migraines wanting to keep track of their symptoms, triggers and treatment.



## Video of the month

Stay healthy this winter by keeping your home dry and warm with these useful tips from the Ministry of Health.



[Visit Health Navigator NZ for more health answers](#)

