

1

Home
(Self Care)

UNWELL OR INJURED? Where should I be?

2

General
Practice (GP)
& After Hours

- Call Healthline 0800 611 116 – for free medical advice 24hrs/day.
- Home for rest, regular fluids and pain relief, if required.
- Talk to your pharmacist – they are a good source of information.
- Contact your general practice team first.
- See over page for a list of local medical centres.
- For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.
- Emergency Department for emergencies.

3

Emergency (ED)



General
Practice (GP)
& After Hours

2

NEED A DOCTOR?

Contact one of the medical centres below

Aramoho Health	06 343 9050
Bulls Medical	06 322 1222
Gonville Health	06 344 4090
Impilo Family Practice	06 345 5477
Ruapehu Health	06 385 4211
Springvale Medical	06 344 5885
St Johns Medical	06 348 7775
Stewart St Surgery	06 327 8884

Taihape Health	06 388 0926
Te Oranganui Whanganui	06 349 0037
Te Oranganui Waverley	06 346 5193
Wicksteed House	06 349 1800
Castlecliff Health	06 349 0002
Eastcare Medical	06 343 8225
Jabulani Medical Centre	06 345 2720

It pays to be enrolled with a regular medical centre

- You will pay less for any doctor visits and the After Hours service.
- Ask if you can 'enrol' or join up at a medical centre near you.

For more information and practice fees visit www.manageme.org.nz