

Respect
Whakamana tangata

Integrity
Mana tu

Self determination
Rangatiratanga

Co-operation
Whakawhanaungatanga

Excellence
Taumatatanga

Health Highlights



Well Wairarapa - better health for all

February 2017

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Your pharmacy is your friend...

For many reasons, it makes sense to have a regular pharmacy and to get to know it well

February marks the start of the new eligibility period for the prescription subsidy which aims to reduce medicine costs for high-users and families.



You can become eligible for the subsidy once you have paid the prescription charge (usually \$5) for 20 new items. Once you become eligible you are exempt from paying prescription charges until 31 January the following year.

You can combine purchases for partners and dependent children aged between 13 and 18 to reach the 20-item threshold. Talk to your pharmacist about linking all your family members in the system.

Because prescriptions for children under 13 are free, they don't count towards the 20 item total.

The Ministry of Health website has more information about the prescription subsidy and how to qualify: www.health.govt.nz

Keep a Weeks Worth

Realising too late that you have taken the last of your regular pills, you are out of repeats and your medical centre is closed is never a good time. Having a good relationship with your regular pharmacist can really help. They will get to know you and the medications you take, and be able to keep an eye on when you may be getting low. It is really important to always make sure you have a week's worth of your regular medications on hand for those *just in case* times - when you forget for a day or two, can't get into town, or for when you need to travel away - especially during busy holiday times.

Protect your child's smile



Did you know....

Keeping baby teeth healthy will help make sure the adult teeth arrive healthy and strong.

Less than half of our children brush twice a day with fluoride toothpaste, and last year 29,000 kiwi kids had teeth pulled out early. 1 in 7 kiwi children have severe decay before they even reach school age. Problems with baby teeth can cause pain and lead to problems with adult teeth later in life. It is really important to look after your baby's teeth, to teach toddlers to look after their teeth themselves, and to guide and actively manage the way they brush.

Teach your child to brush

Preschool years are a critical period in the development of a healthy child, and the very best time to instill good toothbrushing and dental care habits. The Ministry of Health recommends that children brush their teeth at least twice a day with a fluoride toothpaste, and that parents and caregivers help them brush to make sure they are doing it correctly.

Dental care is FREE for your child

New Zealand has a free dental care policy for children under 18 years of age. Birth to Year 8: call oral health services 06 377 9071 or text 027 266 9275. Over year 8 and under 18 years: contact any private dental clinic in Wairarapa.

ALL our Wairarapa dental clinics are a part of the Free to 18 dental care programme - a wonderful service looking after our Wairarapa youth. Call a dental clinic today and protect your child's smile.

Free HPV immunisation for boys and girls is now available at school

If your child is in Year 8 they will be offered free immunisation against human papillomavirus (HPV). Participating schools will provide your child with a consent form - so look out for that coming home in their school bag, or contact the office. Parental/caregiver consent will need to be provided. The vaccination is also available free of charge at medical centres for 9-26 year olds.

The vaccine provides protection against the HPV virus. The virus affects both men and women and can cause a range of different cancers. Studies show that the vaccine is safe and effective in preventing cancers and is recommended from 9 years of age.

Protect against HPV cancers

For more information about the vaccination call 0800 Immune, speak to your school, doctor or nurse, or visit www.immune.govt.nz

