



STAY WELL, PLAY WELL



Feeling sick?

Unsure what to do?

For free 24/7 health advice

HEALTHLINE

0800 611 116



Need to see a doctor?

For coughs, colds,
medications and more,
visit your local

**GENERAL
PRACTICE**



Got the blues?

To talk to someone for
free, call or text

1737



How do I find local healthcare services?

Find your nearest medical
centre, physio, pharmacy,
after hours and dentist

[www.](http://www.healthpoint.co.nz)

HEALTHPOINT

.co.nz



Telehealth/Online GP

If you can't get into the GP,
there are other options.

24/7 *fees may apply

www.info.health.nz/

ONLINEGP

After hours

KA ORA Telecare

0800 252 672



Emergency?

Call **111**

www.wellsouth.org.nz/staywell



WellSouth
Primary Health Network
Hauora Matua Ki Te Tonga

Health New Zealand
Te Whatu Ora