



Dr Dan's Medical Clinic Newsletter

ISSUE 8

Welcome to Issue 8 of the Dr Dan's Medical Clinic Newsletter.

Dear Valued Patients and Friends,

We're delighted to bring you the latest edition of our clinic newsletter, filled with helpful health tips and insights to support your wellness journey. In this edition, we're focusing on how to prepare for the winter season and set yourself up for success in the colder months.

As always, our mission is to keep you informed, empowered, and feeling your best—season after season. Whether you're a long-time patient or have recently joined our community, we're grateful to be part of your healthcare story.

Warm regards,

Jordy

Medical Receptionist



<https://www.istockphoto.com/vector/nurse-with-senior-gm1440419988-480411667>

Vaccinations

As the colder months approach, it's more important than ever to protect yourself against seasonal illnesses. Influenza poses a higher risk during winter, and with COVID-19 still circulating in the community, staying up to date with your vaccinations is the most effective way to reduce your risk of severe disease.

Our clinic has private flu vaccinations available for \$20 as well as government-funded flu and covid vaccinations for those eligible. For more information on eligibility and vaccine options, visit the Department of Health website. Otherwise, to book your vaccination appointment, please contact reception.

Care Plans

A care plan refers to a General Practitioner Management Plan (GPMP) or a Team Care Arrangement (TCA). It is a personalised health plan, developed by a nurse in collaboration with your GP to help you manage your ongoing health conditions. It is available to patients with a chronic medical condition lasting six months or longer. This can include chronic conditions such as diabetes, asthma, heart disease, arthritis, mental health conditions and more.

One of the key benefits of a Care Plan is access to Medicare rebates for up to five allied health visits per year. These can include services like physiotherapy, podiatry, psychology, dietetics, and more.

If you are living with type 2 diabetes, you may also be eligible to attend a type 2 diabetes group education program run by diabetes educators, exercise physiologists and dietitians in your local area.

To learn more or to book an appointment, please contact reception.

<https://www.vecteezy.com/vector-art/10403519-vector-simple-illustration-in-doodle-style-doctor-man-with-syringe-with-medicine-cute-character-for-kids-medical-theme-vaccination-vaccine-coronavirus-cure-covid-19>



