

Wellbeing Health Check

PURPOSE

A Health Check with MedPro is an individual appointment with a Registered Nurse, who will assess your physical and psychological wellbeing. You will receive your results immediately, and these are discussed with you during your appointment. You will also be given your own confidential results booklet, which provides a record, as well as information on what was tested. Although our health checks will not provide any diagnosis, they do provide valuable information and insight to help guide your next steps. Your nurse will let you know if you have test results that are outside of the normal range, and if so, will advise you to follow up with your family doctor to discuss the results. Our health checks are fully confidential, results are stored securely and are not shared with any third party.

PRIVACY

Any information and personal data gathered from you for the purpose of providing you with health check services from either MedPro or an independent contractor who provides services to you on behalf of MedPro, is to assist in your treatment, for quality assurance purposes and to fulfil legislative requirements. No personal information will be shared with third parties. By completing the consent form with the nurse on the day you are consenting to the matters outlined above.

Please note when booking, the policy holder of the Southern Cross Medical Care Society policy you book under will be notified once you have had your annual health check with MedPro. If you aren't comfortable with the policy holder knowing you had this health check please do not continue booking. MedPro will have access to limited information about you in Southern Cross' system (such as your name, contact details, your Southern Cross member identifier) to help validate and book your health check. Southern Cross will use the record this creates to process and analyse health check uptake. Southern Cross will not receive any health information from your MedPro check.

Your rights provided in the Health Information Code and the Privacy Act 2020 will be respected, including your right to access and correction of any information about you. You can view our full privacy statement on our website:

<https://www.medpro.co.nz/privacy-statement/>

CONFIDENTIALITY

MedPro is fully compliant with both our legal and ethical obligations regarding confidentiality.

HEALTH CHECK INFORMATION

The following may be included in your check (30 mins)

- Cholesterol breakdown – total cholesterol, HDL, LDL, total/HDL ratio, triglycerides
- Blood sugar and Diabetes risk
- Blood pressure
- Height and weight
- Waist circumference
- Body Mass Index (BMI)
- Stress, anxiety and depression screening tool
- Interpretation and brief discussion of results
- Lifestyle advice (e.g., nutrition, stress management, smoking)
- MedPro "My Results" Booklet

TERMS AND CONDITIONS

Terms and conditions apply to all member benefits. You can see the conditions laid out by Southern Cross Health Insurance [here](#). MedPro Healthcare also applies the following terms and conditions:

- **Failure to cancel or reschedule your appointment at least two business days before your booking will result in the benefit being claimed against your policy.**
- Only members aged 16 years and older who have an active Southern Cross policy can access these benefits.
- Bookings are subject to pre-approval by Southern Cross Health Insurance. Please ensure you provide the correct policy number at the time of booking.
- All policyholders require a separate 30-minute appointment booking.
- Clinic locations are subject to change depending on interest in the area.

NB: You will confirm personal details and confirm verbal consent to have your health check **on the day** with the nurse.

Where to Find Us

MANGERE

Address: Active+ Airport Oaks, 38 Richard Pearse Drive, Airport Oaks, Auckland 2022

Access details: We are located inside the TBI Airport Oaks clinic which is itself located inside the Fitness 24/7 gym. Enter via the front door into the gym and we are just to left.

Parking details: Plenty of parking in the main carpark.

Wheelchair accessible: We are located on the ground floor.

MASSEY

Address: Massey Physiotherapy Clinic, 173 Royal Road, Massey East, Auckland 0614

Access details: Our room is located inside the Massey Physiotherapy Clinic, near the front reception (second room on the left as you enter).

Parking details: There are some parking spaces available on site.

Wheelchair accessible: Yes, there are no stairs but you will need to go around the front.

ORMISTON

Address: Level 2, Ormiston Medical Centre, 211 Ormiston Road, Flat Bush 2019.

Access details: We are located inside TBI Health on Level 2 beside the Ormiston Medical Centre which is opposite PAK'nSAVE.

Parking details: Parking is available directly outside our health centre. Please turn at the traffic lights and enter through the back.

Wheelchair accessible: There is wheelchair access to the clinic via the lift.

PAPAKURA

Address: Active+ Papakura, 6/18 O'Shannessey Street, Papakura 2110.

Access details: We are located inside the Active+ Papakura clinic.

Parking details: There is plenty of free parking available onsite and a free public carpark just down the road.

Wheelchair accessible: We are located on the ground floor.

PUKEKOHE

Address: Active+ Pukekohe, 8 Massey Avenue, Pukekohe 2120.

Access details: We are located inside the Active+ Pukekohe clinic.

Parking details: Parking is available outside the building or street parking available on nearby Roulston Street.

Wheelchair accessible: There is a wheelchair parking space directly out front of the building and we are located on the ground floor.

REMUERA

Address: 134B Remuera Rd, Remuera 1050.

Access details: When you walk into the building, we are the third door on the right.

Parking details: Two parking spaces available directly out front or street parking is available.

Wheelchair accessible: Yes, we are located on the street level.

ROSEDALE

Address: Candida Building, 55 Constellation Drive, Rosedale 0632.

Access details: Drive into 61 Constellation Drive (Candida Office Park). Head up the long driveway towards Bluestar – there is signage with arrows. We are located inside the Candida building.

Parking details: Two sign-posted visitor car parks (shared with Candida) located on the left-hand side at the top of the driveway. Please do not park on the right-hand side as those are Blue Star reserved parks.

Wheelchair accessible: Yes, we are on the ground floor.



SILVERDALE

Address: Active+ Silverdale, 3 Brian Smith Drive, Silverdale 0992.

Access details: We are located inside Active+ Silverdale.

Parking details: There is parking through the roundabout and down the ramp on the lower level of the Weiti building. Under cover entry has a lift. With the dual parks it is advised to leave a phone number on the dashboard in case someone is blocked in.

Wheelchair accessible: Lift is available for use.

WARKWORTH

Address: Active+ Warkworth, Warkworth Health Centre, 5/23 Percy Street, Warkworth 0910.

Access details: We are located inside Active+ Warkworth.

Parking details: We have street parking at the front of the building.

Wheelchair accessible: Wheelchair access on Alnwick Street.

If you need any assistance in finding us, or have any questions please call on 0800 MEDPRO (633 776).