

# 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

## ASHBURTON

**Address:** Details TBC soon.

**Access details:**

**Parking details:**

**Wheelchair accessible:**

## CHRISTCHURCH

**Address:** The Caledonian Centre, 8 Caledonian Road, St Albans, Christchurch 8014

**Access details:** We are located on the ground floor of The Caledonian Centre, part of the Southern Cross Hospital site. Our room is located to the left of the reception, with a waiting area alongside.

**Parking details:** There is ample onsite carparking at the rear of the building which can be accessed via Caledonian Road or Colombo Street off Bealey Avenue. There are also two disability parks available.

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

**NOTE:** You must wear a mask at this site due to our room being located inside the hospital which is a health setting.

## RANGIORA

**Address:** Details TBC soon.

**Access details:**

**Parking details:**

**Wheelchair accessible:**

## TIMARU

**Address:** Details TBC soon.

**Access details:**

**Parking details:**

**Wheelchair accessible:**

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