



Book it in your Birthday Month

We are recommending everyone on medication (and most adults over 50) attend for an annual review. Consider booking it in your Birthday month!

What will we do in this consult? Together we can ...

- update your family history – any new illnesses that might be hereditary?
- review your medical conditions – check your care is optimal
- review your medication - please bring pill boxes, a photo, or a clear list
- check your cancer screening is up to date – cervical, breast, bowel, prostate, skin

We will **consider if you are eligible for a 6 or 12 month prescription** (see separate info)

We are recommending you don't bring additional medical problems to this appointment, or if you do, **consider booking a double appointment**.

We will **agree on a schedule for the next 12 months of clinical work**, GP/NP, Nurse review or bloods, BP check. **Please book with reception**

2026		2027
Jan	July	Jan
Feb	Aug	Feb
Mar	Sept	Mar
Apr	Oct	Apr
May	Nov	May
June	Dec	June

If you become unwell or worried your condition has changed (such as hospital admission) please do not wait for your annual review – contact us on reception@tkhealth.co.nz or 07 826 3499. Our clinical team will help, advise and book you GP/NP or nurse review in a timely manner.

