

Manage My Health (MMH) cyber-breach

You may be aware of the recent cyberattack on MMH. Please go to the MMH FAQ web page for latest news on the attack and the remedial action that is being taken.

Our latest understanding is that a handful of our patients have been affected. MMH will contact you directly if you are involved in this attack.

Our practice switched from using MMH to the WELL patient portal between February-April 2025. However, we did not advise our patients to close their MMH accounts at that time, because MMH allowed account holders to continue to have convenient access to their historic medical records. Any new records from April 2025 onwards, are viewable in your WELL portal.

Please note that if you wish to close your MMH account, your data at MMH will be deleted.

Also note that the WELL portal does not store a copy of your data in the same way that MMH does.

Patients can request a copy of their clinical records at any time from our staff.

If you have any queries at all about your patient portal, please ask our staff ■

AI note taking

Your consent is needed for 'Heidi'

Some of our GPs are using an AI-powered service called Heidi, to draft the clinical notes while you are in your consultation. Heidi is very helpful, because it works in the background and means that you and the GP can talk a bit more freely. Your GP will ask your permission to use Heidi at the start of the consult, and will also ask you to check over the notes before they save the notes to your record. Our clinicians will not ask you any identifying information while Heidi is switched on, they will only talk to you about your health symptoms and treatment plans. Conversations are recorded but not permanently stored anywhere except for in your official notes, once you have approved them ■

Enrolments

We are currently accepting new enrolments only from people who live in Te Awamutu and surrounding districts. This is for reasons of clinical safety. We will review this geographic restriction periodically in 2026 ■

12-month prescriptions

We are receiving regular enquiries about 12-month prescriptions, since the government announced the changes to prescribing rules that came into effect on 1 February 2026.

It is now possible for 12-month prescriptions to be issued by GPs, IF it is clinically appropriate. Not all patient cases and situations will meet these criteria. For example, your condition must be relatively stable, because the script cannot be changed during the 12 months. There are other conditions too, which you can discuss with your GP.

Appointments must be in person, and there are a range of criteria - please ask your GP or pharmacist to see what may be right for you ■

Adult ADHD

The government have also changed the rules around the diagnosing of adult ADHD, which allows this now to be done by specially trained GPs. Previously only a specialist such as a psychiatrist could provide this diagnosis.

The government has now given permission for this to be done at GP clinics, but as yet, few clinics have developed the capability to do it. We are currently not able to offer this service. We are monitoring the national scenario, and will let our patients know (via Facebook, our website, and in our newsletters) if this changes ■

Pioneer Drive rooms now open

Our new Pioneer Drive Clinic is now open on most days of the week.

The Pioneer Clinic will only be open on days when we have clinical staff rostered to work from there. However around March we will likely be open at Pioneer Drive Clinic every day.

Pioneer Drive Clinic is likely to have shorter opening hours, e.g. 8.30am - 5.00pm or similar. To be confirmed.

Initially, staff will take turns being located there on certain days. In time, we will look to locate one or two providers there more often / permanently, so our local area residents have a local doctor.

Physician Associate (PA) - registration & prescribing

PA registration in NZ has been announced officially. The Medical Council of NZ will be the entity in charge of PA registration in 2026. We hope that prescribing rights for PAs will also be granted near the end of 2026, although no guarantees have been given as to the timing of that.

You may be treated by a PA at our clinic. Currently all the work that our PAs do is signed off by a GP ■

Fracture Clinic

Our weekly Fracture Clinic helps our patients to follow up on previous injuries and related treatment plans.

Dr Krishna Chatterjee is now running our Fracture Clinic, which has moved to Friday mornings. If you need a follow-up appointment or ongoing care for a fracture or bone injury, ask for Dr Krishna and the fracture clinic ■

Ask any questions of us and give us feedback, negative or positive

In doing so, you contribute to improving our contribution to you, and that is important to us!

Email, write, message via your patient portal, phone or ask at reception for a staff member who you can talk to. reception@tamc.co.nz • 07 872 0300
220 Bank Street, Te Awamutu

Breast screening is being extended

Adapted from communication Breast Screen Aotearoa

Turning 70 on or after 1 October 2025?

You are eligible for free mammograms every 2 years (from your last screen) until aged 75. If screened at 69, you won't be due again at 70.

Are you 70 – 74 before 1 October 2025?

You are eligible for one final screen at 74, if booked before turning 75.

Currently mammograms are offered to women between the ages of 45 to 69 every 2 years. Extending the age for free breast screening in year one ONLY applies to two age groups: 70 and 74 year olds.

Extending the age (to include all women up to the age of 74) will be in place by the end of 2029. This phased approach will enable breast screening and cancer treatment services to progressively meet the additional demand.

From October 2025 a new online system will identify eligible women.

For further information please go to the Breast-Screen Aotearoa section on Te Puna, the new online breast screening system. It will automatically identify 70 and 74 year old women who are eligible. A Breast Screen Aotearoa provider will then send them a secure personalised link (via email, text or letter) if they are, a) not currently enrolled and eligible to screen, OR b) already enrolled and due for their next screen. This is a shift away from what was an opt-in to an opt-out enrolment approach ■

Shingles Vaccine

The shingles vaccine is recommended for anyone aged 50 and over.

It is free for those having reached the age of 65 and ceases to be free when you turn 66. It is also free to some people aged 18 and older in specific situations. Talk with one of the nurses to see if you are eligible for the free vaccine or if you have questions ■