



Riverstone Family Medical Practice

November 2023 Update



Have YOU Registered for MyMedicare Yet?

What is MyMedicare?

MyMedicare is a new voluntary patient registration process that allows Australians to formally nominate their regular GP. In exchange, both the patient and GP get access to select benefits which will increase the chance of better health outcomes for Australians who sign up.

We thank all those who have taken time out from their busy schedules to complete the MyMedicare registration.

Continuity of care with the same medical practice has been shown to improve healthcare by increasing the chance that care is individualized and personal with reduced chance of errors. We encourage everyone to register with us and nominate their regular GP.

Being registered allows better communication between hospitals and general practice. It also allows access to longer telephone Medicare rebates. These are only a few of the improvements that come from registration.



How do you register?

There are multiple ways you can register with your chosen practice in **MyMedicare**:

- Start the registration process in your [Medicare Online Account](#) or [Express Plus Medicare Mobile app](#). Once done, practice staff will then accept the registration in the **MyMedicare** system.
- If unable to register online for any reason, our patients will be able to complete a form at the practice and staff will then register them online in **MyMedicare** system.
- For more information on how to register, go to this link:

[How to Register for MyMedicare](#)

Are you looking for a physio clinic that can help you recover from an injury or manage chronic pain?



Our in-house physiotherapist, Linda Chee, has over 30 years experience and is dedicated to helping you achieve your health goals and live your best life.

Linda offers a wide range of services to meet your needs, including physiotherapy, massage therapy, pilates and yoga techniques and much, much more.

Whether you're recovering from an injury, managing chronic pain, or just looking to improve your overall health and wellness, Linda is here to help. She will work with you to develop a personalised treatment plan that's tailored to your unique needs and goals.

Linda is available for appointments on Mondays, Wednesdays, Thursdays, Fridays and Saturdays.

So why wait? Call today or [book online](#) to schedule an appointment and take the first step towards a healthier, happier you!



Shingles Vaccination

The Federal Government announced the roll-out of the inactivated **shingles vaccine, Shingrix, for people over 65 years** (with some restrictions), however the vaccine is currently in limited supply. We have been told there will be a plentiful supply by February 2024.

Shingles is a reactivation of the virus that causes chicken pox. Once you have had chicken pox (and you can have it without any symptoms), the virus lives in your body and can come back as shingles at any time. **Shingles can be an extremely painful infection** and the pain can continue long after the blisters have healed. You can also have shingles more than once.

The vaccine is licenced for anyone aged over 50 years. **You are more likely to suffer an episode of shingles if you are older, immunosuppressed or unwell.** Please speak with your nurse or doctor to check your eligibility for the vaccination.



Doctor's Leave

The following doctors will be on leave over the next two months:

- Dr Melody Chiou 22 Dec to 12 Jan
- Dr Michelle Crockett 5 Dec to 11 Dec
- Dr Hannah Galvin 1 Dec, 15 Dec & 22 Dec only
- Dr Aarti Ganapathi 27 Nov to 11 Dec
- Dr Melissa Joseph 23 Dec only, 28 to 29 Dec, 20 Jan only
- Dr Larry Lam 16 Nov only
- Dr Rumi Liyanagamage 16 Nov to 1 Dec, 10 Dec to 18 Dec
- Dr Kim Loo 17 Nov & 4 Dec only
- Dr Kiran Shrestha 14 Nov only
- Dr Alison Ting 20 Oct to 19 Nov, 13 Jan only, 29 Jan to 4 Feb
- Dr Anne Trang 7 Nov to 23 Nov, 28 Dec to 1 Feb
- Dr Bradley Verma 10 Nov, 19 Jan only, 23 Jan to 2 Feb
- Dr Hanaa Wanis 11 Dec to 17 Dec, 27 Dec & 29 Dec only

The Practice will be Closed on the following days:

Christmas Day - Monday, 25 December, 2023

Boxing Day - Tuesday, 26 December, 2023

New Years Day - Monday, 1 January, 2024

Australia Day - Friday, 26 January, 2024

Appointments can be booked online by visiting [Online Bookings](#)



Practice Hours: Monday to Friday 8am to 6pm, Saturdays 8am to 1pm

For After Hours Care we recommend the national Home Doctor Service for home visits, contact on 13 74 25 (13 SICK)

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