



Riverstone Family Medical Practice

March 2024 Update

[Book an Appointment](#)



[MyMedicare Registration](#)



[View Archived Updates](#)



Wishing you and your family a very happy Easter from the RFMP Team!

Free Shingles Vaccination under the National Immunisation Program (NIP)

These vaccinations are available for **eligible people most at risk of complications from shingles**.

A 2-dose course of Shingrix is available for free for:

- People aged 65 years and over
- First Nations people aged 50 years and over
- Some immunocompromised people aged 18 years and over

Shingrix vaccine does not contain the live virus and is safe for people who are immunocompromised.

If you previously received a free Zostavax shingles vaccine under the NIP, you are **not eligible for a free Shingrix vaccine for at least 5 years**.

If you purchased the Zostavax vaccine privately, you can receive Shingrix for free under the program if you're eligible.

You should wait at least 12 months after being immunised with Zostavax or after having shingles and getting the Shingrix vaccine.

Talk to your health professional about your eligibility for the free shingles vaccine today.



RECEPTION TIP OF THE MONTH

Need an appointment today?

- Did you know that if you need an appointment and your doctor is fully booked you can be put on the cancellation list?
- If your doctor has a cancellation then reception will call you to offer you the earlier appointment.
- You cannot get on the cancellation list if you book online so you will need to ring for this.

[Don't forget to register with your doctor!](#)

Medicare Safety Net

If you are seeing a lot of doctors or having a lot of tests with out of pocket costs you may be eligible for a **higher Medicare rebate**. When you spend over a certain amount in a calendar year, Medicare will give you a higher amount back than the usual rebate (up to 80% of your out of pocket costs).

The Safety Net is calculated each calendar year, 1 January to 31 December and couples and families can combine their costs by registering as a family (link to: <https://www.servicesaustralia.gov.au/how-to-register-for-medicare-safety-nets?context=22001>).

For more information, including the thresholds to qualify for the **Medicare Safety Net** see: <https://www.servicesaustralia.gov.au/medicare-safety-nets>.

Welcome Visit from Michelle Rowland

Last month we had a visit from our Federal **MP Michelle Rowland** on the 40th anniversary of Medicare. We were able to discuss issues facing general practice. These included supporting team based care, the importance of having a regular GP and the lack of doctors choosing general practice as a career.

We strongly encouraged **Michelle and the Labor Government** to support primary care in our goal of providing holistic team based health care to all Australians.



Have Your Say!

Your thoughts & comments are important to us!

So, to help us understand what is important to you, **we have prepared a short survey with a few questions about the Newsletter we send you each month**. This will help us improve the content and presentation to make it even better and more personal for you.

And, to make it even better for those who respond, **you have the opportunity to enter a lucky draw and win 2 Movie Tickets along with a Basket of Easter goodies!**



Click on the link below to access the survey. The deadline to enter the lucky draw is **15 March** and will be drawn on **20 March**. The winner will be announced in our **April Newsletter**.

["HAVE YOUR SAY" Survey](#)

After completing the survey, click on the link below to submit your entry into the Lucky Draw

[EASTER LUCKY DRAW ENTRY FORM](#)

Doctor's Leave

The following doctors will be on leave over the next month:

- Dr Melissa Joseph 16 Mar only
- Dr Larry Lam 16 Mar & 27 Apr only
- Dr Kim Loo 26 Apr to 8 May
- Dr Jacqueline Phan 20 Apr only
- Dr Anne Trang 19 Mar to 28 Mar
- Dr Karen Zheng 11 Mar to 16 Mar, 27 Apr only

The Practice will be Closed on the following days:

Easter Friday - Friday, 29 March, 2024
Easter Saturday - Saturday, 30 March, 2024
Easter Monday - Monday, 1 April, 2024
Anzac Day - Thursday, 25 April, 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)