



Riverstone Family Medical Practice

January 2026 Update

Book an Appointment



MyMedicare Registration



RFMP on Facebook



Important Patient Updates

Dear Patients

Happy New Year! We hope everyone had a safe and enjoyable holiday period.

To help you manage your care this year, we have listed some appointment reminders in the Tip of the Month section. We also suggest you make a note of the points below to ensure you get the best possible care

My Medicare Registration

Registered patients are considered ongoing patients and are given priority for appointments, including urgent care. If you are not registered, urgent appointments may not be available. Our reception team can assist with the registration.

Please feel free to call them for help or click on this link and leave your details for us to action this on your behalf [MyMedicare Registration - Riverstone Family Medical Practice](#)

Nurse Follow-Up Calls

Eligible patients receive nurse follow-up phone calls after a Care Plan. These are **booked in advance** and reminders are sent. **Appointments cannot be cancelled via the app or message.** If unavailable, please **call the practice to reschedule.**

Pharmacy Reviews

If you take a number of medications or a medication that needs monitoring, you may be eligible for a **Home Medication Review** with a pharmacist. This service helps ensure your medications are safe, effective, and working well together. Please **speak with your doctor** to see if you are eligible and to obtain a referral.

Medicare Safety Net

The **Medicare Safety Net** can help to lower your out of pocket costs each year. When you spend certain amounts in gap and out of pocket costs and reach the threshold, you will start getting higher Medicare benefits. This means you'll get more money back from Medicare for certain Medicare services.

For details of the thresholds see [Services Australia - Thresholds](#).

The Medicare Safety Net resets on January 1 each year and families and couples need to register to combine your costs. See [Services Australia - How to Register](#)

For more details about how these Safety Nets can help you see [Services Australia Medicare Safety Net](#). Examples of costs included when calculating the Medicare Safety Net include GP or specialist costs, some tests including certain blood tests and scans. Please make sure that you are getting the maximum rebate for your health costs.



MEDICARE SAFETY NET

From the second week of February we **welcome** two new GP Registrars to our Team, **Dr Hannah Loung** and **Dr Harman Sandhu**.



Hannah completed her Doctor of Medicine at Bond University in 2021 and she is currently undertaking her General Practice training.

She has a particular interest in preventative care, women's health and paediatrics and is passionate about all aspects of general practice. She values building long-term relationships with her patients and enjoys working collaboratively with patients to support their overall health and wellbeing.

Dr Harman is a driven GP registrar who is devoted to delivering comprehensive healthcare to local communities. He graduated from Western Sydney University in 2021 and completed his Internship and Residency at Westmead Hospital. Working at a busy metro hospital allowed extensive growth in management of adult and paediatric medicine.



Dr Harman is passionate in delivering evidence-based care to patients of all ages, including preventative health, chronic disease management and general medicine.

We also say farewell to **Dr Jineecka Klenka** and **Dr Nowshin Chowdhury** who are moving on to other practices to complete their GP training. We wish them all the best in their future careers in general practice.

ADMIN Tip of the Month

- **Book appointments in advance** whenever possible. This ensures your continuity of care with your regular doctor.
- **See the doctor who requested your tests** to discuss your results as the results need to be interpreted by the doctor who knows the history of your condition.
- **Care Plans and Health Assessments** should be scheduled throughout the year for ongoing health monitoring. Patients are encouraged to book appointments in advance for care plans, care plan reviews and health assessments.



Doctor's Leave

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

- Dr Kirby Campbell-Wood 22 Jan only
- Dr Ayesha Choudhury 24 Jan, 7 Feb only
- Dr Michelle Crockett 26 to 31 Jan
- Dr Larry Lam 19, 23 Jan only
- Dr Matthew Lam 9 Feb to 8 Mar
- Dr Kim Loo 28 Jan only, 2 to 7 Feb

The Practice will be closed on Australia Day, Monday 26 January



The best and **most beautiful things** in the world cannot be seen or even touched - they must be **felt with the heart.**

- Helen Keller

