Please write the phone number of your medical/health centre onto the attached magnet.

Place it on your fridge door.

It will remind you what to do in the event of a medical emergency.



West Coast medical/health centres

| Karamea Health Centre | 03 782 6710 |
|--------------------------------|---------------|
| Ngakawau Health Centre | 03 788 5062 |
| Buller Health Medical Centre | 03 788 8230 |
| Reefton Health Medical Centre | 03 732 8605 |
| Moana Health Centre | 03 738 0003 |
| Greymouth Medical Centre | 03 769 9300 |
| High Street Medical Centre | 03 768 5942 |
| Greymouth Family Health Centre | |
| | 00 = 40 == 0= |

Westland Medical Centre 03 755 8180
Hari Hari Health Centre 03 753 3008
Whataroa Health Centre 03 756 1080
Franz Josef Health Centre 03 752 0700
Fox Glacier Health Centre 03 751 0836
Haast Health Centre 03 750 0800

If you do not have a medical/health centre and wish to enrol please phone a centre above





Primary Healthcare on the West Coast





"Being seen by the right person in the right place at the right time ...

In an accident or medical emergency, where life or limbs may be at risk

phone 111

any time of the day or night and request an ambulance.



If your health problem is not an emergency, please phone your local medical/health centre any time of the day or night.

Your call will be answered promptly by the medical/health centre.

If the centre is unattended, your call will be diverted to an experienced registered nurse who will advise you on the best course of action to follow.



...is the most important factor in caring for the health of people on the West Coast"

What if I am not enrolled with a West Coast medical/health centre?

If you live on the West Coast you should enrol with your local centre before you get sick.

Enrolled patients pay less during normal centre hours for consultations than casual patients and enjoy access to a range of other health services.

What if I am a visitor to the West Coast?

No problem, just phone 03 769 7449.