

**With Covid positives now found all throughout Queensland we are taking all steps to keep our staff and patients safe. Masks are mandatory for entry.**

**Only fully vaccinated persons can enter the practice, and proof of vaccine needs to be shown. Please only arrive 5 minutes before your appointment or sit outside in your vehicle or in outdoor area in fresh air to limit your time inside. Call ahead to check if your Dr is running on time.**

**For our unvaccinated patients you will be offered a telehealth appointment, or you have option of providing a covid negative test pcr result in last 72 hours but will be required to wait in outdoor sitting area till your Doctor is ready for you.**

**We recommend all patients get their Booster vaccination as soon as eligible.**

#### **COVID BOOSTER VACCINES**

We will not be offering Booster Vaccines at Ocean Wave Medical, this ensures we have more appointments for your regular medical appointments available.

Visit [health.qld.gov.au](http://health.qld.gov.au) – click on green button book vaccine and you will be able to book at Chemists for Moderna, or choose Pfizer through Qld Health or various providers.

Or phone 54927163 Chempro Caloundra to book, they are offering Moderna Vaccines.



#### **We are welcoming new permanent Doctor Dr Win Naing to our OWM Team**

Dr Naing finished his medicine degree in Burma and completed 4 year post graduate training in UK before moving to Australia in 2005. Dr Naing has worked in various NSW Hospitals before joining into General Practice training programme and finishing his fellowship in 2011.

Sunshine coast has been his home since 2012 where he has practiced at various local General Practices.

Dr Win offers all general practice services, in particular family health, general medicine, men's health, paediatrics and pre-employment medicine. New patients welcome.

## CHANGE TO FEES – 1/11/21

### STANDARD CONSULTATION

Weekdays \$80.00 – GAP \$40.90 (YOUR REBATE \$39.10) – NO CHANGE

Saturday Mornings \$85.00 – GAP \$45.90 (YOUR REBATE \$39.10)

Before 8am \$105.00 – GAP \$54.00 (YOUR REBATE \$51.00)

### LONG CONSULTATION AND NEW PATIENT

Weekdays \$125.00 – GAP \$49.25 (YOUR REBATE \$75.75)

Saturday Mornings \$130.00 – GAP \$54.25 (YOUR REBATE \$75.75)

Before 8am \$145.00 – GAP \$57.60 (YOUR REBATE \$87.40)

### EXTENSIVE CONSULT

Weekdays \$170.00 – GAP \$58.50 (YOUR REBATE \$111.50)

Saturday Mornings \$175.00 – GAP \$63.50 (YOUR REBATE \$111.50)

Before 8am \$185.00 – GAP \$62.45 (YOUR REBATE \$122.55)

## Digital COVID Certificates

Did you know once fully vaccinated with 2 covid vaccinations a **Digital Certificate** will be available to you through your mygov account or by downloading the Medicare App to your phone and linking to your mygov account.

This will allow you to prove you are double vaccinated if you need this for future travels or for entry into areas or businesses that require this for entry.



## **PREVENTATIVE HEALTH**

**Preventative Health is a core of what we offer to our patient's and we encourage all to continue having their regular checkups. Depending on your age and your health conditions there are a range of tests that you should have regularly. We also offer a range of Health Assessments for eligible patients.**

### **HEALTH ASSESSMENTS - FULLY FUNDED BY MEDICARE (FREE to you if current Medicare card)**

The category of people eligible for health assessments are :

- a) People aged 40 to 49 years (inclusive) with a high risk of developing type 2 diabetes as determined by the Australian Type 2 Diabetes Risk Assessment Tool
- b) People between the age of 45 and 49 (inclusive) who are at risk of developing a chronic disease
- c) People aged 75 years and older (recommended when Drivers Medical due each year)
- d) People who have an intellectual disability
- e) Humanitarian entrants who are resident in Australia with access to Medicare services, including Refugees and Special Humanitarian Program and Protection Program entrants
- f) Former serving members of the Australian Defence Force including former members of permanent and reserve forces

### **HEALTH HEART CHECK**

Patients not eligible for other types of Health Assessments, especially over 50 years and under 75 years should have a yearly Healthy Heart Check done with your Doctor.

### **ABTSI**

All aboriginal patients are eligible for a Health Assessment every year.

### **DIABETIC PATIENTS**

6 Monthly Diabetic check  
12 monthly Diabetic Annual Cycle of Care

## PREPARE FOR SUMMER WITH YOUR ANNUAL SKIN CHECK

During our cooler months is a good time to book in to have your annual SKIN CHECK, ready for the warm months ahead.



**Book now for your annual SKIN CANCER CHECK with your regular doctor**

### Accepting NEW PATIENTS For SKIN CANCER CHECKS

\$120.00 with a Medicare rebate of \$75.75

(unless an aged pensioner over the age of 65 which will be bulk billed)

### EARLY DETECTION OF SKIN CANCER

- It's important to be familiar with your skin and what is normal, so you can detect any abnormal changes.
- If you notice anything unusual such as any changes in the shape, colour or size of a spot, or the sudden appearance of a new spot, it is important to visit your GP as soon as possible.



## DRIVERS LICENCE RENEWAL FOR OVER 75'S



### ARE YOU DUE TO RENEW YOUR OVER 75years DRIVERS LICENCE?

When you are ready to book please book for your **Over 75's annual health check** if you have not had one in last 12 months, check with Reception.

This is a comprehensive yearly check that our Doctor's attend at time of renewing your licence. **Remember you must take your drivers renewal form to your Optometrist for an eye check and have form completed before you come to see your Doctor for licence renewal.**



## HEARING CHECKS AT OCEAN WAVE WELLNESS CENTRE

Phone 3289 5563 and let them know you want to book for Caloundra for a hearing test or email [info@impacthearing.com.au](mailto:info@impacthearing.com.au) for more information.

Dendra from Impact Hearing offers FREE Hearing Tests, plus diagnostic and other tests at Ocean Wave Wellness Centre in Suite 5.

Visit website [www.impacthearing.com.au](http://www.impacthearing.com.au) to view all the services available for hearing tests, diagnostics and hearing aids and assisted hearing devices available.

Children should have a hearing test before they commence school, and good to remember to book around same time as your 4 years immunisations.

**SPRING CLEAN YOUR DIET** – Book with our Dietitian Jody Pollard from Total Nutrition Dietetics. Phone 0402225732 or email [Jody@totalnd.com.au](mailto:Jody@totalnd.com.au) for more information or visit her website [www.totalnutritiondietitian.com.au](http://www.totalnutritiondietitian.com.au) to learn more about services offered.

*At Total Nutrition our focus is on changing habits not enforcing diet plans.*

*We are here to help you with your healthy lifestyle goals to get you on the right path to being the best YOU possible.*

*We incorporate a range of healthy eating techniques, lifestyle modifications, mindfulness and recipe ideas for nutrition outcomes to maximise your success in reaching your healthy lifestyle goals*



**OCEAN WAVE MEDICAL OPENING HOURS**

**Monday to Friday 7.30am to 5.30pm**

**Saturday 8.00am to 1.00pm**

**Sunday and Public Holidays – CLOSED**

**BOOK ONLINE 24/7 by visiting [www.oceanwavemedical.com.au](http://www.oceanwavemedical.com.au)**

**When we are closed**

National Home Doctor – 13 24 75  
MIIC, West Tce, Caloundra - Open  
8am – 4pm Ph: 5436 8933  
SCUH Sunshine Coast University  
Hospital – Ph:5202 0000

**EMERGENCY 000**

**PUBLIC  
HOLIDAYS**

MONDAY 4<sup>TH</sup> OCTOBER  
QUEEN'S BIRTHDAY LONG  
WEEKEND

**Services at  
Ocean Wave Medical**

**Clinical Psychologist – Cornelia Bam**

**Custom Denture Clinic - 54927422**

**QML Pathology - 54912973**

**Total Nutrition Dietetics – 0402225732**

**OCEAN WAVE WELLNESS CENTRE – 27 MAYES AVE**

PHYSIOTHERAPIST Embody Movement Physio Suite 3 Ground Floor & Exercise Physio Suite 6 First floor. Monday to Friday, to book phone 53379853.  
[www.embodysmovement.com.au](http://www.embodysmovement.com.au)

PODIATRIST David Morgan Podiatry is open Tuesday to Thursday Ph 1300 288 365 to book.  
Suite 1 ground floor

ETERNAL YOUTH AUSTRALIA – Book on 34480408

[www.eternalyouthaustralia.com.au](http://www.eternalyouthaustralia.com.au) Suite 2 ground floor

IMPACT AUDIOLOGY – DENDRA COLE

Wednesdays by appointment Ph 3289 5563 to book. [www.impacthearing.com.au](http://www.impacthearing.com.au)