

KNOW YOUR OPTIONS - WESTERN BAY

# Need medical help after hours?

Here's where to find care when your general practice is not available



## **EMERGENCY:** Critical or life-threatening

- Call 111 immediately; or
- Go to Tauranga Hospital
- 829 Cameron Rd, Tauranga
- Open 24 hours a day, 7 days a week



## **URGENT CARE:** Can't wait, needs in person care

- Go to Accident & HealthCare Tauranga
- 19 Second Ave, Tauranga
- 8am–8pm daily
- Walk in, no appointment needed



## **ONLINE GP:** No need to see a doctor in person

- Book a phone or video consultation with Practice Plus
- Call 0800 7722 7587; or
- Go to [practiceplus.nz](https://practiceplus.nz) | Scan QR code
- Mon-Fri 9am–10pm; Sat-Sun & Holidays 8am–8pm



## **24/7 FREE HELP:** Unsure what's going on or what to do?

- Call Healthline 0800 611 116 for free advice about your symptoms
- Available 24 hours a day, 7 days a week
- Ask your local community pharmacist for advice
- Visit [healthify.nz](https://healthify.nz) or scan QR code for self-help resources



Western Bay of Plenty  
Primary Health Organisation

TŌNGIA TE URURUA KIA TUPU  
WHAKARITORITO TE TUPU  
O TE HARAKEKE

