

SUNSHINE MEDICAL CENTRE NEWSLETTER

July 2023



198 BUSSELL HWY, BUSSELTON | (08) 9751 4500

Welcome to our monthly newsletter for the month of July 2023! We have some exciting updates for you from Sunshine Medical Centre & Family Practice. As always, our goal is to keep you informed and provide the best care possible. For any inquiries, please call us at (08) 9751 4500.

SEE OUR CLINICAL EXERCISE PHYSIOLOGIST

Looking to improve your fitness, or get into some rehab? Our Accredited Exercise Physiologist, Arjan Ruba, is here to assist you with customised exercise programs. Schedule an appointment to start your health and wellness journey.



WINTER COSMETIC SPECIAL

This July, brighten up your winter with our exciting cosmetic special! Achieve a youthful glow with our rejuvenating wrinkle relaxers, available at just \$4/unit, with a minimum spend of only \$100. Smooth out winter and transform into your best self. Book your appointment soon as slots are filling up quickly. Let's turn the cold into gold at Sunshine Medical Centre!

CREDIT CARD SURCHARGE

As a reminder, we currently issue a surcharge for all credit card transactions. We appreciate your understanding and cooperation.

HOLTER MONITOR SERVICES

We offer a 24-hour Holter monitor service. Our nurse can fit the monitor, and a cardiologist will read and return the results within 24 hours.



HEALTH AWARENESS MONTH:

Dry July is a not-for-profit organisation aimed at improving the lives of adults living with cancer. Giving up alcohol for the month of July is a good way to raise awareness of individual drinking habits and the importance of a healthy, balanced diet and lifestyle.



FLU VACCINES

As we step into July, we emphasise the significance of flu vaccines. They safeguard our health, reduce the severity of the flu, and are especially important for vulnerable groups. Help protect yourself and others during these colder months - schedule your flu vaccine with us at Sunshine Medical Centre & Family Practice today!

SATURDAY CONSULTATIONS

We're open on Saturdays! However, please note that the standard consultation price is \$90, and it's all private billing - no bulk billing available.

COSMETIC INJECTABLES AVAILABLE!

An exciting reminder about our cosmetic injectables! Nurse Tiffany Fraser and Dr. Kiran Ruba are ready to assist you with your aesthetic goals. Book online through our website or Health Engine, or give us a call.

MISSED APPOINTMENT POLICY:

Remember that missed appointments without a 2-hour notification will incur a \$60 fee. Please be sure to notify us promptly if you're unable to attend.

MODERNA SPIKEVAX BIVALENT BA.4-5 NOW AVAILABLE:

We are pleased to announce that we are stocking Moderna Spikevax Bivalent BA.4-5, suitable for both adults and children over the age of 12 years. Please reach out to our reception staff to book in your booster dose.

JOB OPPORTUNITIES:

Interested in joining our dedicated team? We're always on the lookout for committed health professionals. Send your CV to admin@sunshinemed.com.au. When vacancies arise, we'll know who to call. Be a part of a team where your work truly makes a difference!

HEALTH ASSESSMENTS:

Are you between the ages 45-49 or over 75. If yes then book your free health assessment today. A health assessment is an in-depth assessment of a patient in the age category years. It provides a structured way of identifying health issues and conditions that are potentially preventable or amenable to interventions in order to improve health and/or quality of life.

CONFIDENTIALITY:

Your medical records are confidential. It is the policy of this practice to always maintain security of personal health information and to ensure this information is only available to authorized staff members.



REPEAT PRESCRIPTIONS:

Repeat scripts for medications need to be obtained by having a telephone consult with your GP. Patients who have not been seen in the last 12 months will need to attend the consult in person.

INTEGRATIVE MEDICINE WITH DR. STEPHANIE CHOULARTON

At Sunshine Medical Centre, we believe in treating the whole person, not just the symptoms. This is why we are thrilled to feature the work of Dr. Stephanie Choularton, who specialises in Integrative Medicine. To learn more about integrative medicine or to schedule an appointment with Dr. Choularton, contact our practice.

CHARITY EVENTS:

We are immensely proud to share that our dedicated nurse, Anna, will be participating in the COASTREK Margaret River – Cape to Cape Walk. She'll be walking 35km to raise funds for the Heart Foundation charity. It's a testament to her commitment to health, both within our practice and in the wider community. We wish Anna the best of luck on this remarkable journey! Stay tuned for updates and ways you can support her in this noble cause.

ACCOUNTS:

Accounts will be presented after your consultation and all fees are payable on the day. You will receive the Medicare rebate as part of the transaction.

- All children under 12 are bulk billed
- All Concession Card holders pay a discounted rate.

REFERRALS:

Patients must book an appointment with a doctor to obtain a new referral. This may be done via a telephone consult. However, patients who have not attended in the past twelve months will require a face-to – face appointment to obtain a Medicare rebate.

ACUPUNCTURE WITH DR. RUSSELL MCDONALD:

We're excited to highlight the unique services provided by Dr. Russell McDonald. Acupuncture is a traditional Chinese medicine recognised for its ability to relieve pain, reduce stress, and improve overall wellness. To book an acupuncture session, please call us at 0897514500.

Thank you for being a part of our Sunshine Medical Centre & Family Practice community. We look forward to providing excellent care for you and your family.

