



Riverstone Family Medical Practice

July 2024 Update

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[MyMedicare Registration](#)



[RFMP on Facebook](#)



medicare
MyMedicare

If you have not registered with [MyMedicare](#) yet, do so ASAP. Some people are having problems registering because they have not met the [eligibility criteria](#) of 2 face-to-face visits in the last 24 months. Please talk to our receptionists if this is an issue for you.

There are multiple ways you can register:

- Start the registration process in your [Medicare Online Account](#) or [Express Plus Medicare Mobile app](#). Our staff will accept the registration in the MyMedicare system.
- We can start the registration in MyMedicare for you. This will trigger a registration in your [Medicare Online Account](#) or [Express Plus Medicare Mobile app](#), which you can then complete.
- Fill out a registration form and provide it to us. We can print the form for you to sign. By signing the form, you are giving consent to participate in MyMedicare. We will then complete the registration in the MyMedicare system.

CLINICAL *Tip of the Month*

Childhood Vaccinations

- When coming for your child's vaccine appointment, please remember to bring your child's blue book and ensure that you have completed the developmental milestone sections.
- Children can receive these vaccines free as long as they are on a Medicare Card or are eligible for one.
- For more information about the Childhood Immunisation Schedule for all children in Australia click the following link:

[Childhood Immunisation Schedule](#)

Travel Tips *for your overseas getaway*



If you are planning to travel overseas, please make an appointment to see your GP at least 6 weeks, preferably 3 months, before you leave. Planning ahead can reduce the risk of problems spoiling your holiday. Please bring your itinerary to the consultation and any vaccination details that we may not have on file.

In your travel consultation your GP will assess a number of things including risk of DVT (leg clots), recommended vaccinations, risks of insect borne diseases such as Malaria, Dengue, Zika virus, specific risks at your destination and fitness to fly. You will be advised on how to manage these risks as well as any necessary prescriptions.

Australia has [reciprocal health care agreements](#) with 11 countries that covers the cost of medically needed care when Australians visit these countries. You should also check the Government website [Smartraveller](#) for advice about your destination. There is a Choice article about [buying travel insurance](#) on this website.

You should discuss any medications that you are taking with you and have a letter from your doctor. Some countries have strict rules about carrying certain medications and you will need to check with the embassies of the places that you are visiting.

Please note that vaccinations are recommended for holiday destinations such as Fiji, Bali and Thailand. **Don't let a vaccine preventable disease spoil your trip!**



Rupalben Patel

Welcome to Rupalben Patel

Rupal has joined RFMP after more than 10 years of hospital experience. She is now integrating her skills into the primary health sector. **Rupal** is a welcome edition to our nursing staff, please say hello to her when you are at the Practice.

Doctor's Leave

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

- Dr Michelle Crockett 22 Jul only
- Dr Melissa Joseph 20 Sep to 7 Oct
- Dr Larry Lam 24 Jun to 7 Jul
- Dr Matthew Lam 5 Aug to 1 Sep
- Dr Rumi Liyanagamage 21 Sep only
- Dr Kim Loo 29 Jul to 5 Aug, 28 Aug only,
- Dr Kim Loo 9 to 11 Sep, 18 to 21 Sep

Appointments can be booked online by visiting [Online Bookings](#)

“It is much easier to show compassion to animals. They are never wicked.”

- Haile Selassie



Practice Hours: Monday to Friday 8am to 6pm, Saturdays 8am to 1pm

For After Hours Care we recommend the national Home Doctor Service for home visits,
contact on 13 74 25 (13 SICK)