



Alternative Virtual Clinical Appointments

If you are unable to visit the clinic in person, the following virtual healthcare services are available. *Please note: some may require prepayment.*



Practice Plus

Hours: 9:00am – 10:00pm, 7 days a week



www.practiceplus.nz



0800 772 7587



CareHQ

Hours: 7:00am – 10:00pm, 7 days a week

Note: Free for Southern Cross members on MySouthernCross app. T&C.



www.carehq.co.nz



care@carehq.co.nz



Ka Ora Telecare

Hours: After-hours and weekends



www.kaora.co.nz



0800 252 672



More information: www.healthinfo.org.nz



**Pegasus
Medical Centre**