

Home Medicine Reviews (HMR)



Your Doctor has arranged for an accredited pharmacist to visit you at your home to review your medications and ensure there are no complications mixing multiple medications and brands.



Expect a call from a local accredited pharmacist over the next couple of days. The Doctor has passed across your details and they will call to arrange a time and day to visit you at your home.

Your Doctor will be notified if you cancel this important appointment.



This service costs you nothing beyond the standard doctor consultation fee if applicable. Home Medication reviews are a government initiative to reduce your risk of unnecessary hospitalisation.

You may have been offered a Home Medicines Review (HMR) by your GP if you take several medications, have medications with risk of problems or have recently had significant changes to medications. [This program](#) by [Medicare](#) pays for a independent pharmacist to review your medications and make suggestions back to your usual doctor. There is a similar service for [DVA card holders](#).Ourselves or the HMR service never charge for this review.

As a GP, I nearly always get some useful tip or trick back from the pharmacist in the report that can improve my care of you. This can be things like dose adjustments, improvements to medication timing or ease of use or alternative medications and cost savings.

If you only take one or two medications or your medication mix is simple, you may not need a HMR. We will often discuss and offer a HMR at the time of yearly health assessments, particularly the over 75year health assessments or for those people with a chronic condition like diabetes.

Online program offers hope and support for carers of family members with disabilities and chronic illnesses

A four week online course is available through NorthWest Primary

Health to support and educate carers. Available [here](#), the course steps carers through what to expect, how to support a person with chronic disease and how to look after yourself.

Typical responses from carers interviewed as part of the evaluation process included:

“I feel relieved, I’m not so different from others, and hopeful as I have found a group where I can express myself without being judged.”

“I’m grateful for the opportunity and thank you for being so helpful. It not only helped me to connect with myself more but also with others. Stable steps toward my wellbeing goals.”

[sign up for the course](#)

MyMedicare



From 1 October 2023, MyMedicare is open for voluntary registration to Australians with a valid Medicare card or a Department of Veterans' Affairs (DVA) Veteran card.

We registered for MyMedicare – now you can too. PFM has joined thousands of healthcare providers across Australia in registering in MyMedicare, a new voluntary registration system that will help us formalise the relationship between us and our patients.

MyMedicare allows you to nominate a general practice and general practitioner as your regular healthcare provider. When you register in MyMedicare, extra funding from the Australian Government becomes available to support our practice to provide more of the targeted care you need.

Patients who register with our practice in MyMedicare may benefit from:

- longer MBS-funded telephone consultations, from 1 November 2023
- longer bulk billed telehealth consultations for children under 16 and Commonwealth pension card holders at the new triple bulk billing rate, from 1 November 2023
- more regular visits from their GP and better care planning for people living in a Residential Aged Care Home, from August 2024
- connections to more appropriate care in general practice for people with chronic conditions who visit hospital frequently, from mid-2024.

Formalising the patient-practice relationship, like with MyMedicare, has been shown to improve health and wellbeing, and that is why we are inviting all of our regular patients to register in MyMedicare.

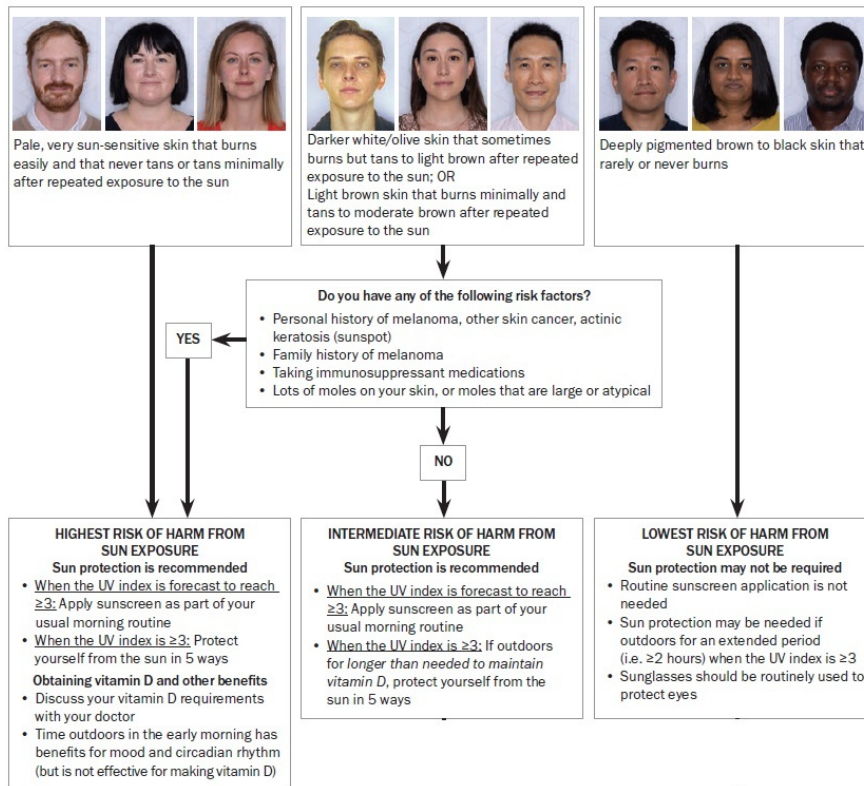
If you have a valid Medicare card or Department of Veterans' Affairs (DVA) Veteran card and have had two face-to-face consultations with us in the last 24 months, you are eligible for MyMedicare.

Registration is easy. To register as a MyMedicare patient, you can:

- fill out a paper registration form at our practice
- complete the registration process in your [Medicare Online Account](#)
- ask our team to start the registration process – you can then

Ask about MyMedicare next time you talk to us. For more information visit health.gov.au/mymedicare.

Skin, Sun and Vitamin D



On one hand, everyone is telling you to slip-slop-slap and stay out of the sun, on the other hand we are suggesting getting some sun to help with your Vitamin D levels! Who is right? How much sun to get? Vitamin D is not really found in food there is some in the skin of fish, eggs and fortified milk. We make an inactive form that gets activated in our skin in response to light and then helps with absorbing and using calcium for muscles and bone.

These guidelines in the above picture above help with making smart decisions about getting some sun exposure to help with vitamin D levels, without exposure to the peak of the day when the risk from sun damage to the skin starts.

A less accurate but easier to remember rule of thumb is - catch some sun when your shadow is longer than you are tall (mornings and late afternoon) and avoid when the sun is overhead and your shadow is shorter than you!

[book skin check appointment](#)

232 Plenty Road Preston, 3072, Melbourne

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