

# SERVICES

Our **MULTIDISCIPLINARY CLINIC** is equipped to provide **COMPREHENSIVE CARE** and assist with all your health concerns.

- **Women & Men's Health**
- **Antenatal, Postnatal & Shared Care**
- **Paediatric Care**
- **Seniors' Health**
- **Mental Health**
- **Sexual Health**

Including STI Checks, contraception & Termination Care

- **Chronic Disease Management**
- **Musculoskeletal Care**
- **Nutrition and lifestyle advice**
- **Infusions**

Including Intravenous Iron and fluids

- **Vaccinations**  
Including childhood, travel and routine adult
- **Telehealth**
- **Skin Medicine**
- **Corporate Health Checks**

- **Emergency Care**

For more services offered and information related to fees please see our website.

## IN-HOUSE ALLIED HEALTH SERVICES

**Psychologist  
Podiatrist  
Dietitian**

Appointment required.  
Private Insurer & Medicare referrals accepted.  
Check availability and enquire about fees with reception or ask your Doctor for more information.

## ON-SITE PATHOLOGY COLLECTION (Australian Clinical Labs)

**Monday – Friday: 8 am – 12 pm**  
**Saturday: 9 am – 12 pm**

No appointment necessary.

## MINDYOURHEALTH MEDICAL CENTRE

Closed on Public Holidays.

### EMERGENCIES

In an emergency, call 000.

### AFTER HOURS

For after hours services, please contact National Home Doctor on 13 SICK (7425).

## FOR MORE INFORMATION

### WEBSITE



### INSTAGRAM



MYHMEDICALCENTRE



1/124 Military Rd, Neutral Bay NSW 2089



02 8319 8777



02 8317 4778



care@myhmedical.com.au



www.myhmedical.com.au



**Proudly AGPAL  
Accredited**

Our commitment to  
your safety and care

## MIND YOUR HEALTH MEDICAL CENTRE

*A family- based clinic  
where caring matters.*

### BUSINESS HOURS

**Monday – Friday:**  
8:00am – 6:00pm

**Saturday & Sunday:**  
9:00am – 1:00pm

**Ph: (02) 8319 8777**

Since 2017



## OUR VALUES

YOUR HEALTH IS  
OUR PRIORITY

### PUNCTUALITY

We aim to keep your wait short.

### FRIENDLINESS

We always greet you with a smile.

### INTEGRITY

We behave with the utmost honesty.

### QUALITY

We aim to always provide the best care.

## HEALTH INFORMATION POLICY

Patient information collected by Mind Your Health is accessible only by medical, allied and administration staff. It will not be released to third parties without your consent. Please refer to our privacy statement for more information.

*We take pride in the services we offer and welcome any feedback. There is a suggestion box in the waiting room, or you can contact our Practice Manager via reception. Alternatively, you can email [care@myhmedical.com.au](mailto:care@myhmedical.com.au) or contact AHPRA on 1300 419 495, or the HCCC on (02) 9219 7444.*

Mind Your Health Medical Centre is a modern family practice, operated by a multidisciplinary team of Medical and Allied Health Professionals that are passionate about providing access to quality health care for all.

Our priority is your wellbeing. We strive to provide a helpful, compassionate, and ethical approach to our standard of care.

## APPOINTMENTS

### PRIVATE BILLING

Bulk Billed appointments are at the Doctor's discretion. Services and fees will be discussed prior to commencing treatment.

New patients will require a face-to-face appointment.

### TELEPHONE APPOINTMENTS

Telephone appointments are only available if Medicare eligibility is met.

An appointment is recommended if the matter is urgent, requires medical investigation or advice.

### TEST RESULTS

Most results take from 3 to 7 days to return to us.

You will need to book an appointment to allow for the provision of appropriate follow-up care.

### RECALLS AND REMINDERS

Registered patients are routinely sent recall and reminder messages regarding upcoming or overdue appointments.

Please advise the Practice if you would prefer not to be included in reminder systems or registers.

We may attempt to contact you by phone, SMS and failing that a letter will be sent.



## CANCELLATIONS

If you are unable to attend your appointment, please contact reception as soon as possible as cancellation fees apply.

We require 2 hours notice for cancellation of GP consultations.

We require 24 hours notice for cancellation of Allied Health Professional consultations.

Some appointments may be eligible for telehealth alternatively to face to face to avoid cancellation of the consultation.