

# FREE YOUTH CHECK UP

**HAVE AN ACTIVE ROLE IN YOUR HEALTH CARE**

**BOOK NOW AT RECEPTION FOR YOUR FREE YOUTH NURSE APPOINTMENT**

**Join **Manage My Health****  
**Our online patient portal**  
**[www.managemyhealth.co.nz](http://www.managemyhealth.co.nz)**  
**(sign up at reception)**

Free youth nurse appointment for **REGISTERED** patients aged between 17-24 years old•

**One free 15 min. appointment per Patient •**

**AGED BETWEEN  
17-24 YEARS OLD**

**GENERAL NURSE  
CHECK UP**

**Blood pressure  
BMI**

**Blood glucose level**

**UPDATE YOUR  
IMMS**

**Start or Catch up on your**

**HPV** or other  
immunisations

**CHAT TO THE  
NURSE**

**Long term health  
conditions**

**Smoking / vaping**

**Drug / Alcohol**

**Contraception**

**STI screening**

**Life style advice**

**For more information have  
a chat with our nurses or  
call 078340333**

**Victoria GP Clinic,  
Hamilton**