

Spring Newsletter 2025



We've Moved!

We're excited to welcome patients to our brand-new location at **9-13 Kurrawyba Avenue Terrigal**. Our modern practice now features 8 consulting rooms, a dedicated waiting room, a 3-bed casualty area and 2 fully equipped procedure rooms.

Each space has been designed with comfort and care in mind, ensuring we can continue to provide the highest standard of service to our community.



On our first day of opening we welcomed the first patient.





50 years of service delivering exceptional patient care

We're proud to share that Terrigal and Avoca Beach Medical Centres has received the Primary Care Leader Award 2025 from the Primary Health Network.

This prestigious award is given to an organisation or service provider that demonstrates outstanding

innovation in primary care and we're honoured to be recognised for our commitment to delivering high-quality, patient-centred care.

A heartfelt thank you to our incredible team and the wonderful community we serve. This achievement is a reflection of your continued support.



Dedication to Service Award

Congratulations Dr Karen Douglas who was awarded the Dedication to Service Award and an honorary place in the region's Primary Care Hall of Fame.

Dr Douglas has displayed outstanding dedication to providing quality primary care over many years and is well respected by peers and patients.



Important Update Regarding MyMedicare Registration

Due to our recent change of the practice address, some patients may have received a message on their Medicare App advising them that their doctor is no longer registered. If you have received this notification, please use the link provided in the message to re-register with the doctor of your choice.

Because of the complexities and intricacies of the MyMedicare system, we encourage patients **who attend both practices to register with Terrigal Medical Centre.**

We are currently working closely with the Ministry of Health and MyMedicare to resolve these issues. If you have any concerns, please feel free to raise them with your local Member of Parliament or contact MyMedicare directly.

Thank you for your understanding and patience.

Are you due for a 75+ Health Check?

You may have received a phone call from one of our nurses regarding booking in for a Health Assessment. Anyone aged 75 years and older are eligible for a free checkup with your GP and nurse every 12 months. It's designed to keep you healthy, independent and safe as you get older. This assessment can aid in early detection of health problems, medication reviews, maintain independence, preventative care, emotional and mental wellbeing and planning ahead.



During the visit one of our nurses will look at your general health, memory, mood, medications and how you are maintaining day-to-day activities. We also check for things like falls risk, vision, hearing and make sure your vaccinations are up to date.

The benefit is that it helps pick up any problems early and connects you with support or services as you need them.

We offer nurse health assessments on:

- Mondays, Tuesdays, and Wednesdays at our Terrigal rooms
- Occasionally at our Avoca rooms

A follow-up appointment with your GP will be scheduled either on the same day or a later date, depending on availability. We encourage you to take advantage of this bulk billed service. It's a great opportunity to check in on your health and make sure you're getting the support you need.

We look forward to seeing you at the practice soon.

Booking Online App and Mobile App



If you have the mobile App called **AMS Connect** you can now check in upon arriving to the practice. Once you are in the app, view your upcoming appointment and perform a check-in for your face to face appointment.

To download the app click on the link below:

<https://www.terriganmedicalcentre.com.au/online-appointments>

Thankyou for reading our Newsletter.