



**High quality
and accessible
healthcare.**

Contact us



03 599 9120



reception@tearangahealth.co.nz



Portsmouth Street
50 Portsmouth Street
Aranui, Christchurch



He Waka Tapu
161 Pages Road
Wainoni, Christchurch

www.tearangahealth.co.nz



Opening hours

Monday – Friday
9:00am – 5:00pm

Closed on public holidays



**Te Aranga
Health**

**Low cost GP with
wrap-around support
available for you and
your whānau**

HE WAKA TAPU
Me mahi tahi tātou mo te oranga o te whānau



BHG | Better
Health
Group

About Te Aranga Health

Te Aranga Health is a local general practice with a community focus. You and your whānau will have access to quality GPs, experienced nurses and wrap-around support once enrolled.

There is a wide range of convenient services available including immunisation, sexual health, mental health, physical health and more.

Te Aranga Health is a partnership between He Waka Tapu, Better Health Group and Dr Paul Hercock. The combined experience enables us to better understand and serve our community, offering high quality and accessible healthcare.

Tinana Gym

Get access to free fitness options that may help towards better health outcomes for you, your whānau and the community. There are different group fitness classes happening throughout the week that you can come along to, or simply utilise the gym equipment for your own self workout. Once you've joined, you will also have access to personal trainers, health providers and information sessions.



321 Pages Road, Wainoni, Christchurch



jordan@hewakatapu.org.nz

Fees

There are many benefits of enrolling at Te Aranga Health such as being whānau friendly, low cost for enrolled patients and accessible locations.

GP 18 years and over \$19.50 Access test results online Order repeat prescriptions 15 minute consultations	GP 14-17 years \$13.00 Free sexual health visits Free immunisations 15 minute consultations
GP Under 14 years FREE Free visits Free immunisations 15 minute consultations	Nurse Under 18 years FREE Free visits Free immunisations 15 minute consultations
Nurse 18 years and over \$5.00* Highly experienced Offer diagnoses assessments * Per 15 minute consultations	GP Casual patients \$80.00

Fees effective as of
26 October 2021

**There are a wide range
of health services for your
personal and whānau
needs once enrolled.**

- Skin Health
- Heart Health
- Diabetes support
- Whānau Health
- Vaccinations
- Immunisation
- Sexual Health
- Mental Health
- Palliative Care



Te Aranga
Health