

Health & Wellbeing Office closure

Karen, Eve & Maria would like to wish everyone a very merry Christmas and happy new year. The Health & Wellbeing office will be closed all public holidays as well as 27, 28, 29 Dec, see you in the new year.

Merry Christmas & Happy New Year

The staff of NIHRACS and aged care residents would like to wish everyone a very merry Christmas & happy new year.



Do You Know What A Standard Drink Is?

With the silly season upon us, do you know how much you are drinking when you pour a glass of wine, beer or spirit?

In Australia, a standard drink refers to 10 grams of alcohol (equivalent to 12.5ml of pure alcohol). On average, this is how much the human body can process in one hour.

But even with this as a guide, it can be hard to keep track of how much you've had, as alcoholic drinks come in different strengths and serving sizes and may therefore contain more than one standard drink.

You also need to consider 'human' factors such as your age, weight, gender, fitness levels, fatigue, the health of your liver and how much you've eaten – as these can affect how your body processes alcohol.

The following is a guideline from the website - DrinkWise.org.au, to find out more visit their website <https://drinkwise.org.au/drinking-and-you/how-much-have-you-had-to-drink/#>

As a guide:

- 375ml can low-strength beer (2.7% alcohol) = 0.8 standard drinks
 - 375ml can mid-strength beer (3.5% alcohol) = 1 standard drink
 - 375ml can full-strength beer (4.8% alcohol) = 1.4 standard drinks
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- 100ml red wine (13.5% alcohol) = 1 standard drink
 - 150ml red wine (13.5% alcohol) = 1.6 standard drinks (average restaurant serving)
 - 100ml white wine (11.5% alcohol) = 0.9 standard drinks
 - 150ml white wine (11.5% alcohol) = 1.4 standard drinks (average restaurant serving)
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- 30ml spirits (40% alcohol) = 1 standard drink
 - 275ml pre-mix spirits (approx. 5% alcohol) = 1.1 standard drinks
 - 330ml pre-mix spirits (approx. 5% alcohol) = 1.2 standard drinks
 - 375ml pre-mix spirits (approx. 5% alcohol) = 1.5 standard drinks

Stay safe these holidays, if you are out celebrating, make sure you have an alternative way home with a sober bob.

We registered for MyMedicare – now you can too

Norfolk Island Health and Residential Aged Care Service 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 concession card holders at the new triple bulk billing rate, from 1 November 2023
- 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 at least one face-to-face consultation 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 and hand in to the GP Clinic (also available from our friendly reception staff)
- complete the registration process in your Medicare Online Account

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