



As you are aware by now, there has been a serious breach of some information stored by patients using the Manage My Health (MMH) portal. The incident also sits with the police, Te Whatu Ora, the Privacy Commissioner and our **PHO**.

We want to acknowledge that news like this can be worrying, and we want to reassure you that your wellbeing and privacy are very important to us. The Manage My Health team has advised that they are actively investigating the issue and have taken steps to strengthen security.

If it has been determined that you have been affected, MMH will have contacted you by email and provided you with a dedicated 0800 number to speak to someone at Manage My Health directly about this situation. You can also log in to your MMH account, and your Dashboard will clearly show your Account Security Status on the top right-hand side. There are also answers on their website to FAQs [FAQs - Cyber Breach | Manage My Health](#) and you can email MMH directly at [info@managemyhealth.co.nz](mailto:info@managemyhealth.co.nz)

**If you do not wish to click the above link, you can find the FAQ page by searching “MMH Cyber FAQ”**

The documents that were able to be accessed we now know fall into 2 categories:

- Hospital discharge documents from Northland hospitals (2017-2019).
- Documents/images uploaded personally by the patient themselves into the ‘My Health Documents Folder’

No other part of the application was affected, My Health Documents has been tested and external cybersecurity experts have now also confirmed that the application is safe and secure and can continue to be used. The PMS and the connection between the PMS and Manage My Health are safe and secure and were not breached by the hackers.

However, as a further precaution, you may wish to:

- Change your Manage My Health password, (if you still use this portal), especially if you use the same password elsewhere
- Consider setting up and using the 2-factor authentication tool
- Be alert for unexpected emails, texts, or phone calls asking for personal information – do not give out any personal, medical or financial information to an unsolicited caller at any time.
- Avoid clicking on links or opening attachments from unknown sources

Please remember that we will never ask you for your password.

If you notice anything unusual or have concerns about your personal information, we encourage you to contact Manage My Health directly or let our practice team know so we can support you.

## Going to university? Staying in the halls? Get your free immunisations

If you are aged 13-25 and in your first year of living in halls of residence, you are likely eligible for free vaccines. This is because living closely together with other young people means you are at higher risk of Meningococcal disease. Meningococcal can look like influenza but can quickly develop into meningitis (infection of the brain membranes) or septicaemia (blood poisoning), two very serious illnesses that can lead to death. Know the signs and symptoms – your quick actions may save a mate.



### Prevention:

- Cover your nose and mouth when you sneeze or cough
- Wash and dry your hands properly
- Avoid sharing items with saliva on them like drink bottles, lip balm or vape
- Get your vaccines **at least a month** before starting university.

### If someone in your halls is unwell?

- Ask your residential adviser for help
- Ring Healthline on 0800 611 116 or call 111 if you feel it is an emergency
- Say what symptoms are affecting them
- Stay with them until someone else can take over caring for them (like an adviser or health professionals)
- Check if they want you to call their parents



The Medical and Injury Centre is available for after-hours urgent care for you and your family when your own doctor is not available. During weekdays from 9am to 5pm please call us for your urgent care. If we have no availability our nurses can offer you advice and refer you to urgent care if needed.

## Recent government decisions

### General practitioners diagnosing ADHD

Some of you may have heard about the decision that allows doctors to start medical treatment for adults with ADHD. Currently, this is being done by psychiatrists and paediatricians. At this stage, Tasman Medical Centre doctors are not taking part in assessing treatment. If you would like to be referred to clinicians who can diagnose ADHD, please ask your doctor for a referral or you can self-refer to clinics locally or around the country who accept telehealth patients.

### Increased prescribing lengths

Up to the 1<sup>st</sup> February, most script lengths are limited to a 3-month supply. New government changes mean you may be eligible for a yearlong prescription. Tasman Medical Centre patients may be eligible for this only after an in-person medication review and at GP discretion. If you have a condition that requires regular monitoring (bloods tests, vital signs, physical assessments) or your medications are been adjusted then it is unlikely to be safe to not follow-up with your GP for 12 months. Yearlong scripts will only be safe only for stable, simple and well patients.

## 12 Month Prescriptions

*From early 2026, some prescriptions may be valid for up to 12 months*

### Who Might Be Eligible?

*You may be eligible if:*

- *Your condition and medication dose have been stable for at least **6 months***
- *You **don't need regular monitoring** (like blood tests or blood pressure checks)*
  - *The medicine is **approved** for 12-month prescribing*
- *You agree to a **yearly in-person review** to check the medicine is still suitable*

### What's Not Included?

*Some prescriptions won't be eligible for the 12-month option, including:*

- **Controlled medicines** (e.g. opioids, stimulants) or medicines taken only **as needed**
  - *Conditions or medications that require **monitoring within 12 months***
  - *If your condition or medication dose has **changed in the past 6 months***

*The final decision about whether a 12-month script is safe and appropriate belongs to the prescribing clinician.*

*The change in prescribing rules also mean scripts could be extended to six months, which may be a safer option than 12 months for some people.*

### What's Not Changing?

*You will still collect three months of medication at the pharmacy, with repeats if the prescription is for 6 months or longer. You will not be able to collect 12 months of medication at once even if you have a 12-month script.*

### Need Help or Have Questions?

*Talk to our **reception team** or ask your **clinician** during your next appointment. We're here to help you understand what these changes mean for you.*

# SUN SAFETY



As devastating as skin cancer is, it is also one of the easiest types of cancer to take steps to prevent. Follow these tips for your whole family to do your best to prevent skin cancer.



Stay in the shade whenever possible. Find something like an umbrella or tree to sit on to avoid being directly in the sun.



Wear a hat with a two to three inch brim in order to shade your face, ears, and neck.



Choose your clothing carefully. Look for tightly woven fabrics. Some clothing even offers UV ray protection.



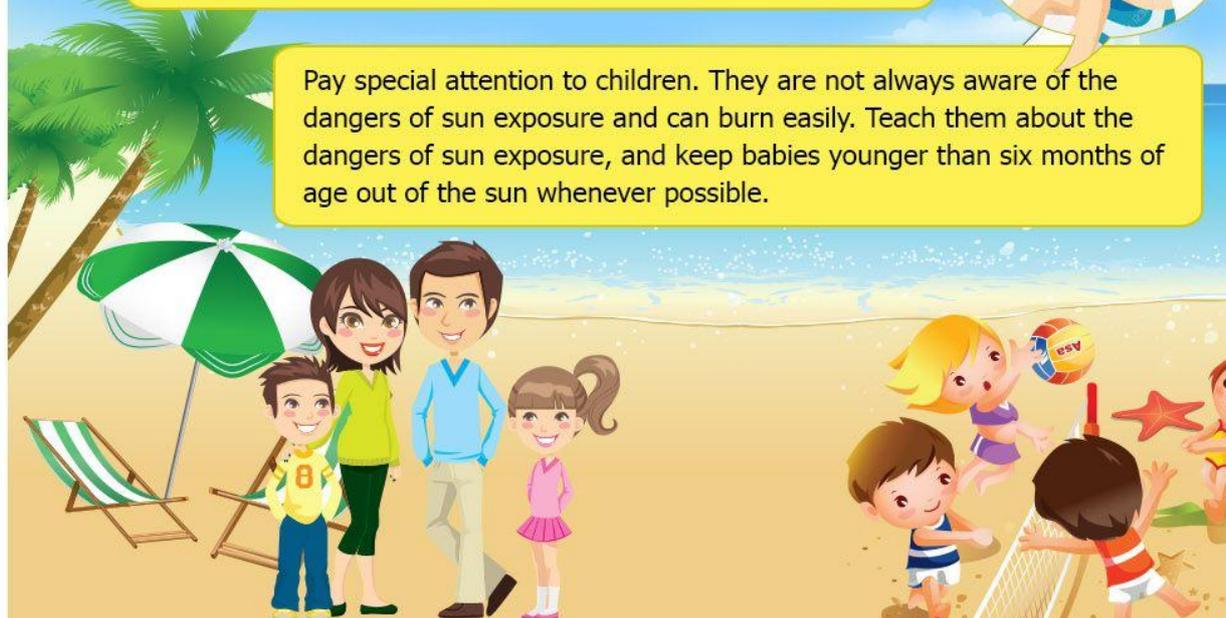
Wear sunglasses. This will protect the tender skin around your eyes, and can also reduce your risk of cataracts.



You should be using sunscreen all year, not just during warmer months or sunny days. Apply sunscreen to all exposed skin before you go outside, & then reapply every two hours or after swimming, sweating, or toweling off.



Pay special attention to children. They are not always aware of the dangers of sun exposure and can burn easily. Teach them about the dangers of sun exposure, and keep babies younger than six months of age out of the sun whenever possible.



# TUI

Introducing Tui, the newest member of the Tasman Medical family. Tui was adopted in December 2022 by our practice manager Maree, and although she has had a pretty rough start to life, she is now enjoying a relaxed family life, full of soft beds, long walks and lots of cuddles. She started visiting the practice last year, and her great manners, calm personality and love of people has allowed for her to hang out with us on a regular basis. She is loved by both staff and patients alike and has helped on days when things are just a little bit tougher and all you need is a cuddle and some love – which Tui doesn't hesitate to give.

On the days she visits, Tui is based in the practice manager's office – so if you love dogs or just need a bit of unconditional love, then Tui would love for you to stop by and say 'hi'.

