


**ALL ABOUT
HEALTH
& WELLNESS**



WELLNESS

**USE OUR EXPERTISE FOR YOUR
HEALTH JOURNEY TO WELLNESS**

Welcome to Your Health & Wellness Update, May 2020

Expertise ~ Support ~ Results

Dear Valued Patients,

In light of the great news that our nation has moved to Level 2, we are delighted to be able to re-open our doors to you, our Valued Patients, existing and new.

We are prepared to look after you for your health & wellness needs. We have "upped-the-ante" of our already stringent hygiene regime to provide an extra-clean space for us all.

Several of our clients have had successful telehealth consults with both John and Paddy via Skype and Zoom throughout Alert Levels 3 & 4, and we are continuing with these. Please note on your booking request if you'd like a video or in-person consult.

If you wish to come into the practice, we will require you to wear a face mask throughout your consult due to the close proximity of our work with you. Please bring your own (clean) mask if you have one, as we currently have limited supplies.

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**Mā tātau
katoa e
ārai atu te
COVID-19**

Before you come in for your appointment, please let us know if you have recently had any of the following:

- A cough
- Sore throat
- Shortness of breath
- Runny nose or sneezing
- High temperature (38°C or above)
- Temporary loss of smell
- Have travelled recently
- Have had COVID-19, or been in contact with someone who has

**Unite
against
COVID-19**

In addition, we ask that if you are unwell or have been unwell in the last 14-days' please stay home for 14-days' following your recovery before attending an in-person consult with us. The health, safety, & wellness of our clients (and ourselves) always has, and always will be our main priority.

We have a wide range of 'practitioner only' well-priced immune-boosting products available, too.



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To book in a consultation with us or to order prescriptions or other health products, please call us on 0800 200 299, or email us at enquiry@allabouthealth.co.nz.

With our very best intentions to keeping us all COVID-19 free,

John, Paddy, and Pauline.

We are no longer going to be sending monthly newsletters.

Instead, we will be posting on our Facebook and blog pages (links below) with newsletters sent on an as-needed basis,

as we understand that many people nowadays get far too many emails and want to minimise your inbox anxiety.



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Our mailing address is:
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