

# HEALTH MATTERS

## Are you at risk of melanoma?

If you notice any skin changes... bring it to the attention of your doctor....

**Don't wait – Act now!**

### Prevention:

- Avoid sunburn through the use of sunscreen, hat, sunglasses, long sleeve top or better still - stay in the shade.
- Protect your skin during the time of the day when UV radiation is highest. This is between 10am and 4pm during daylight saving months, even on cloudy days.
- Don't use a sunbed.

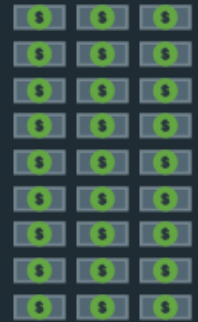
## Gear up for the 2020 Aotearoa Bike Challenge!

The Aotearoa Bike Challenge is a fun, free competition that's all about seeing which workplaces can get the most people to ride a bike for just 10 minutes or more. It's not just bragging rights on the line; we give away awesome prizes like brand new bikes, restaurant vouchers and loads more. Whether you ride all the time or haven't ridden in years, this Challenge is for you.

### Follow these four steps to take part:

1. Register on this website [www.lovetoride.net/nz](http://www.lovetoride.net/nz), it's FREE!
2. Ride a bike anywhere, anytime for at least 10 minutes during the Challenge (1-29 February).
3. Record your ride on the site and tell your friends and co-workers about the Challenge.
4. Reward yourself and your friends by winning prizes!

By quitting smoking you could save over **\$9,200** in a year



**Quit now** and give yourself a pay rise

**FREE Bowel Cancer Screening**  
for 60-74 year olds

FIND OUT MORE:  
[www.timetoscreen.nz](http://www.timetoscreen.nz)

FREE PHONE:  
**0800 924 432**

**Time to screen** National Bowel Screening Programme

For more information visit [www.manageme.org.nz](http://www.manageme.org.nz) or [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)

**1**

Home (Self Care)

## UNWELL OR INJURED?

Where should I be?

**2**  
General Practice (GP) & After Hours

- Call Healthline 0800 611 116 – for free medical advice 24hrs/day.
- Home for rest, regular fluids and pain relief, if required.
- Talk to your pharmacist – they are a good source of information.
- Contact your general practice team first.

**3**

Emergency (ED)

- For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.
- Emergency Department for emergencies.

