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How do I make an appointment to see a doctor?

Sarah Ryder - 2021-01-24 - [Living in New Zealand](#)

If you are [sick](#) or need to see a doctor or health professional or are in New Zealand, you need to:

- [Make an appointment](#) by phone or online.
- Attend the appointment at the agreed time, show your current student card, pay for your consultation.
- If you're an international student, keep your receipt of payment - you can then claim this money back through your student insurance.
- If specialist treatment is required, your doctor will make a referral for you to the appropriate medical provider. The hospital will not see you for a consultation without first obtaining a referral by your doctor (unless you are involved in an accident or emergency).

Each region has a District Health Board (DHB) that manages the services provided in that area. To find out what services a DHB provides, visit their local website.

[Nelson Marlborough District Health Board](#)

Healthline

If you or a family member is feeling unwell and you're not sure what to do, call **Healthline** on **0800 611 116**. free health advice from a registered nurse - available 24/7. Visit [healthline.co.nz](https://www.healthline.co.nz) for more information.

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