

## How do I make an appointment to see a doctor?

To see a doctor or health professional in New Zealand, you need to:

- Make an appointment (by phone is ok)
- Attend the appointment at the agreed time, pay for your consultation yourself (payment required ranges from NZD\$60.00-\$120.00 per consultation)
- 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](#)

A full list of all District Health Boards around New Zealand can be found on the [Ministry of Health's website](#).

### **Healthline**

If you or a family member is feeling unwell and you're not sure what to do, call Healthline on 0800 611 116. It's free and available 24 hours a day, seven days a week.

Registered nurses will offer advice on what to do.

Healthline also offers a Well Child telephone advice service for parents and caregivers of under five year olds with questions about parenting or health matters.

Visit [healthline.co.nz](http://healthline.co.nz) for more information.

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