## Newsletter

May 2025

**Introduction**

This is already the second newsletter. If you have any ideas for the practice or the newsletter, please let us know.

**Our team**

General Practitioners

No news from the general practitioners.

Doctor’s Assistants

Tessa gave birth to a healthy daughter in December and is currently enjoying her maternity leave.  
At the moment, we are working with temporary replacement assistants.

Practice Nurses

Within the practice, four nurse practitioners are employed. The four practice nurses are assigned to a general practitioner with whom they work closely:

Helen & Dr. Hoogendijk

Tryntsje & Dr. Bosma and Dr. Hugenholtz

Mia & Dr. Stork and Dr. Boerlijst

Fleur & Dr. Kooistra

They hold consultations for patients with conditions such as type 2 diabetes mellitus, cardiovascular diseases, and asthma/COPD. Additionally, they offer support for smoking cessation, conduct lung function tests, focus on elderly care, and can perform memory assessments.

**Information**

**Welzijn op Recept (Well-being on Prescription)**

Did you know that, as of this year, we can refer people to Welzijn op Recept (Well-being on Prescription)?

Well-being on Prescription helps you bring a positive change to your daily life. A well-being coach will guide you through the process. Together, you will discuss what you enjoy, what you are good at, and which activities might suit you.

Like starting to increase exercise with a neighbor. There are many options available in your area. Referrals will be made by the practice nurse or your GP.

**Reception Desk & Updating Personal Information**

The opening hours have recently been adjusted to serve you as efficiently as possible.

The reception desk is **open** from **10:00 AM - 12:30 PM** and **1:30 PM - 5:00 PM**.

The reception desk is **closed** from **08:00 – 10:00 AM** and **12:30 – 1:30 PM**. For emergencies, we are always available.



What **can** you visit the reception desk for?

* Picking up referral letters or other prepared items, including urine sample containers.
* Scheduling a follow-up appointment after your visit to the GP.
* Updating your personal information.

What **can’t** be handled at the reception desk?

* Making an appointment. We cannot make appointments because it involves giving private information in public.

Please ensure that any changes to your personal information, such as your email address, phone number, or home address, are reported in a timely manner. If you have moved within Almere Stad, please check with the doctor’s assistant whether you can remain a patient at our practice. If you move outside Almere Stad, you must find a new general practitioner.

**Referrals to Other Healthcare Providers**

There are different ways to receive a referral. Did you know that many healthcare providers are accessible without the intervention of a GP?

You can visit the following healthcare providers without a referral, but please check well if this is covered with you insurance:

* Physiotherapist
* Dietitian
* Speech therapist
* Podiatrist
* Optician
* Audiologist

For the following healthcare providers, you do need a referral:

* A medical specialist in the hospital

Do you have an ongoing treatment in the hospital on a regular basis? Then you can make an appointment with the specialist yourself. If you haven't seen the specialist for a long time, you may need a new referral.

Do you need a referral? Then make an appointment with your own general practitioner.