

It's easy and FREE to have your medication delivered

If you are already a Cairns Meals on Wheels Client simply follow the step-by-step guide below to have your medication delivered fortnightly when they deliver your meals.

Step 1 - Visit or call Calanna Wholehealth Pharmacy McLeod Street and complete an Account and Customer Details Form and direct debit payment form.

Step 2 - Calanna Pharmacy will organise an up to date medication summary from your GP.

Step 3 - Calanna Pharmacy will manage your prescriptions, pack your medicines in MPS packettes and look after your safety net entitlement free of charge.

Step 4 - Calanna Pharmacy will price match on prescription items where a local competitor provides and advertises a similar product and service.

Step 5 - Calanna Pharmacy will provide you a monthly statement for payment of your prescription medications and any other purchases.

Step 6 - Cairns Meals on Wheels will deliver your medications fortnightly to you along with your meals.

If you are NOT a Cairns Meals on Wheels Client, now is a great time to speak with us about setting up your meal and medication delivery. Call us on (07) 4051 1300 or email cnsmow@westnet.com.au.

We're here to help

Talk to us about any questions you may have or about getting started today!



Phone: (07) 4051 1300

Email: cnsmow@westnet.com.au

www.fnqmealsonwheels.org.au



Phone: (07) 4031 9611

Email: mcleodst@calannapharmacy.com.au

67 McLeod Street, Cairns

www.calannapharmacy.com.au

Have your medication delivered fortnightly by Meals on Wheels



More than just Meals



Lack of appropriate nutrition, social connection and medication management are three of the highest factors that force people into residential care options.

Meals on Wheels are proud to offer support services to help you keep your freedom and independence. Nutritional support, social contact and monitoring of your wellbeing, health and safety are some of the services that we can provide to help you remain independent in your own home for as long as possible.

OUR NUTRITIONAL SUPPORT

- Choose meals from our six week rotational menu.
- Created by our experienced chefs.
- Tasty and nutritional meals, delivered to you.
- Meals are available hot, chilled or frozen.
- Meals consist of Main, Soup, Dessert and Juice.
- We cater for people with allergies and special dietary requirements such as:
 - Diabetic
 - Gluten Free
 - Vegetarian
 - Dairy & Lactose Intolerant
 - Pureed, Minced or Pre-Cut

OUR WELLBEING SUPPORT

We also understand the importance of managing your medications properly as missed doses can make treatments less effective which isn't good news.

That is why we have partnered with Calanna Whole Health Pharmacy and MPS to provide a FREE medication packaging and delivery service. Not only does this service make it more cost effective for you, the benefits of MPS medication packettes also make it easier for people to take the right dose at the right time everyday regardless of your lifestyle.

WHAT ARE PACKETTES?

MPS packettes are small clear pouches, individually labelled with a unique barcode containing all your medication and dose information for that dose time. MPS Packettes are manufactured in purpose built TGA-Licensed facilities.

- Safest way to manage multiple medications
- Can include up to 10 different medications.
- Tailored to your medication regime.
- Medication can be crushed inside the Packette.
- Perforated edges allow for ease of use, eliminating the need for dose cups.

HOW TO USE PACKETTES

Step 1 - Separate the Packette from the dispenser by tearing along the perforated edge from right to left.

Step 2 - Simply tear the Packette from left to right for easy opening.

Step 3 - Take your medication with you on the go anywhere you happen to be.

