

## Migration Health Assessments for New Zealand-Bound Migrants

All applicants are required to undergo a migration health assessment as part of their visa application process for New Zealand. In this document, you will find important information related to your upcoming migration health assessment at IOM Pakistan at its Migration Health Assessment Centre (MHAC) in Islamabad, Karachi, or Lahore.

You will also be able to download this document at the end of the appointment-making process.

### MHAC IOM Islamabad Contact Information

**Address:** 2<sup>nd</sup> Floor, Maroof International Hospital, F-10 Markaz Islamabad

**Phone Number:** +92 51 111 466 472

**Email address:** [mhdislamabad@iom.int](mailto:mhdislamabad@iom.int)

**Opening Hours:** 8:00 am to 4:45 pm Monday to Thursday & 8:00 am to 12:30 pm Fridays

### MHAC IOM Lahore Contact Information

**Address:** House No. 70, H- Block, Gulberg III, Near D-Ground, Lahore

**Phone Number:** +92 51 111 466 472

**Email address:** [mhdislamabad@iom.int](mailto:mhdislamabad@iom.int)

**Opening Hours:** 8:00 am to 4:45 pm Monday to Thursday & 8:00 am to 12:30 pm Fridays

### MHAC IOM Karachi Contact Information

**Address:** Plot F-14, PECHS Block-6, Shakra-e-Faisal near KFC Karachi

**Phone Number:** +92 51 111 466 472

**Email address:** [mhdislamabad@iom.int](mailto:mhdislamabad@iom.int)

**Opening Hours:** 8:00 am to 4:45 pm Monday to Thursday & 8:00 am to 12:30 pm Fridays

## What Should I Expect at My Appointment?

The scope of the migration health assessment varies depending on factors such as your visa category, age, gender, and current health status. The list below shows some of the procedures that you or your family (if they are applying to migrate with you to New Zealand) might receive:

- Registration.
- Counselling to explain the health assessment process (at the end of the counselling you will sign an informed consent form).

- Medical examination, which may include the following:
  - A review of your medical history and current symptoms
  - Taking your measurements and vital signs
  - A detailed physical examination to assess your physical and mental status
  - A chest X-ray
  
  - Laboratory and other tests:
    - Hepatitis B and C tests
    - Syphilis test.
    - Serum creatinine
    - HIV test.
    - Full blood count.
    - HbA1C.
    - Pregnancy test.
    - Urine analysis.

**Breakdown of Migration Health Assessment Procedures by Age of Applicant:**

Below the Age of 5 Years	Between 5 and 10 Years	Between 11 and 14 Years	15 Years and Above
- Medical examination	- Medical examination - Urine analysis	- Medical examination - Urine analysis - Chest X-ray	- Medical examination - Urine analysis - Chest X-ray - Blood tests

*All basic requirements are done on the same day, during the same appointment.*

**Will I need additional tests or procedures?**

Additional tests or treatment may be required to complete the health assessment and/or to comply with the requirements of the immigration authorities, based on the health conditions identified during your examination. In such an event, you will be provided with additional counselling and more information during your appointment.

**Will I receive any vaccines?**

Immunizations are not currently required as part of the migration health assessment for New Zealand unless special arrangements apply (such as immunization in case of outbreaks of vaccine-preventable diseases in the country of origin). However, you are strongly encouraged to complete immunizations before you travel to New Zealand and bring your immunization record with you. If you wish, the IOM doctor can review your record and provide advice on missing vaccinations.

**Important Notes**

**Minors:**

Applicants under the age of 18 must be accompanied by a **parent or a legal guardian** who cannot provide consent and make decisions on their behalf.

- Proof of relationship (of parent or legal guardian) is necessary when consenting to conduct IMEs for children.
- FRC (Family Registration Certificate) for Pakistani nationals.
- Marriage certificate of the mother, wherein, Father name of the accompanying children is entered.
- We can request for legal papers (court or government orders) allowing the legal guardian to take custody of the child.

**Pregnancy:**

Pregnant applicants should be advised that they do not need to proceed with a chest x-ray examination while pregnant. Pregnant applicants may be required by INZ to undergo

a chest x-ray examination after giving birth, should they apply for a further visa for New Zealand.

### Tuberculosis (TB):

TB is a contagious bacterial infection that is spread from person to person through tiny droplets in the air. TB can be either:

- (1) **Latent TB:** when you have the bacteria in your body, but you don't have any clinical manifestations. To diagnose latent TB, active TB should be ruled out.
- (2) **Active TB:** when you have the bacteria and have clinical, radiological, or laboratory manifestations.

**You might be asked to undergo further testing if the doctor suspects you have TB.** In such an event, you will be provided with additional counseling and more information during your appointment.

You will be requested to provide three (3) sputum samples over 3 consecutive days. These samples are then tested in a laboratory; **it can take up to 8-10 weeks to obtain a result.**

If you are required to complete this test, your health assessment certificate will be put on hold until the results are received. If you are found to have TB, you will need to successfully complete treatment before resuming the immigration process.

Good news! **TB is treatable** and most people can be cured with a few months of oral antibiotics.

### What Do I Need to Bring to My Appointment?

#### Identification:

- Passport (valid original); in exceptional cases where your original passport is not available, a valid original National ID card with a coloured photograph will be accepted.

#### Medical Records:

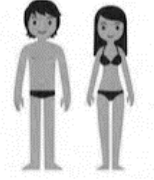
- **You are requested to please bring your valid Polio vaccination certificate at the time of your appointment.**
- All medical reports on past or current medical conditions.
- Child Health and Development Record for children, if available.

#### Other:

- Eyeglasses or lenses, if you wear them.

### Advice for the Migration Health Assessment

- For your physical examination, you will be asked to remove your clothes and will be provided with a medical gown, but **please keep your underwear on** (see image at right).
- You **may request a chaperone** to be present at your physical examination.
- **Please do not conceal any medical conditions**; deliberate attempts to hide them will be reported to the New Zealand immigration authorities.
- For female applicants, **please do not conceal your pregnancy**; being pregnant will have no impact on your immigration prospects.
- **Please postpone or reschedule your appointment if you or your child are ill** with a fever or have a rash.
- For female applicants, **please postpone or reschedule your appointment if you are menstruating**, as it may affect the urine test result.
- There is **no need to fast** before your appointment.



### Migration Health Assessment Fees and Payment Information

#### Fees, by Age of Applicant\*:

NEW ZEALAND			
Age group	Medical includes	Islamabad-Karachi-Mirpur	La
Below 5 yrs.	Physical Examination (PE)	21,500.00	
From 5 yrs. and less than 11 yrs.	PE, Urine Test	23,000.00	
From 11 yrs. and less than 15 yrs.	PE, Urine Test, CXR	34,000.00	
From 15 yrs. and above	PE, Urine Test, CXR, HIV, V.D.R.L, Hep B, Hep C, Serum Creatinine, Complete Blood Picture, HbA1c	44,500.00	
Cases with Chest X-rays only		12,000.00	

*\* The above-mentioned fees are variable & subject to change.*

*\* The IOM MHAC in Lahore applies an additional 16% GST on laboratory and radiology tests, included in the service fees.*

*Additional fees will apply if other investigations are requested.*

#### How to Pay for the Migration Health Assessment:

- Payments are made at the IOM MHAC on the day of the migration health assessment **in PKR**.
- **Only cash is accepted.**



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