

**Keen to improve
your health,
wellbeing and
quality of life?**

Free wellbeing services are being set up in general practices - places you usually see your doctor or nurse.

Your clinic Wellbeing Team includes three new roles: **Health Coaches, Awhi Ora Community/Peer Support Workers,** and **Health Improvement Practitioners.**

The Wellbeing Team can work with you and your whānau to understand your **health and wellbeing needs** and provide practical support to help improve them.

Ask your doctor or nurse for an appointment today.

For more information check out
www.aklwellbeingcollab.co.nz

Get in touch

Talk to your practice team today.

For more information check out
www.aklwellbeingcollab.co.nz

**Free
Wellbeing Support**
available now

Help
is around the corner

For more information check out
www.aklwellbeingcollab.co.nz

Health Improvement Practitioners (HIP)

HIPs are specially trained health professionals who can work with you to create a plan and start making positive changes right away.

HIPs can support you with things like...

- Managing stress
- Problems with sleep
- Anxiety, depression or feeling down
- Coping with physical health conditions
- Relationship challenges
- Drug or alcohol concerns

- Sessions are **free**
- Sessions are typically up to 30 minutes
- Stay in touch face-to-face or by phone
- Practical help to support your wellbeing straight away
- Family and whānau can join your HIP session

What to expect when you see a HIP

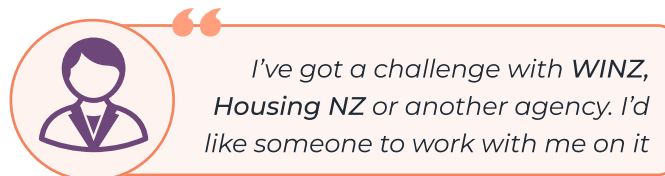
- Specialist health services
- Group programmes
- Online information and support
- Awhi Ora Community/Peer Support workers

HIPs can connect you to further support such as ...

Awhi Ora Community/ Peer Support Workers

Awhi Ora is a “walk alongside” support service that can help you through difficult times in your life.

We provide you with practical support for daily living and help you keep well.



Everyone goes through difficult times in life, you aren't alone. And we're here when you need us.

Health Coaches

Health Coach support people to gain the knowledge, skills and confidence to become informed and active in their healthcare.

Health Coaches can support you with things like...

- Healthy eating and exercise
- Understanding your medications
- Communicating with your doctor, nurse or other health professional
- Learning about common health conditions such as diabetes and high blood pressure

What to expect when you see a Health Coach

- Sessions are **free**
- Sessions are typically up to 30 minutes
- Stay in touch face-to-face or by phone
- Family and whānau can join your Health Coach session

- Specialist health services
- Group programmes
- Online information and support
- Awhi Ora Community/Peer Support Workers

Health Coaches can connect you to further support such as...

Ask one of the practice team for an introduction to the Wellbeing Team