



Would you like
to learn new skills
to improve your
health, wellbeing
and quality
of life?

Visit
our Health
Improvement
Practitioner
– it's FREE

Our HIP has the knowledge and skills to help people with:

- Stress
- Grief
- Headaches or migraines
- Sleep problems
- Anxiety, depression or feeling down
- Chronic pain
- Drug and alcohol problems
- Coping with illness and health conditions such as;
 - diabetes,
 - asthma,
 - digestive and gut problems
- Family or relationship issues; domestic violence; parenting
- Gender identity, sexual orientation
- Making lifestyle changes like weight loss, quitting smoking

Appointments
take less than 30
minutes and you
can probably be
seen TODAY.

Our Health
Improvement
Practitioner (HIP) is a
member of our team and
helps patients improve
their overall health and
wellbeing.

For appointments

Your doctor or practice nurse can introduce you to the HIP or you can ask for an appointment at reception.



ACCESS & CHOICE
Wellbeing Support
Supporting the health and wellbeing of our communities



*Ko koe ki tēna, ko ahau ki tēnei kīwai o te kete:
You at that, and I at this handle of the basket. By working together, we move forward*