

**E hīkaka ana koe  
ki te whakapai i  
tō hauora me  
tō oranga?**

**Toro atu ki  
tō mātou  
Kaiako Hauora  
– he  
KORE UTU**

**MĀ TŌ MĀTOU KAIAKO  
HAUORA KOE E ĀWHINA KI TE...**

Whakapiki mātauranga, pūkenga me te manawanui hei āwhina i a koe kia eke ki ō whāinga hauora:

- Te kori tinana me ngā huarahi korikori ake
- Te kai hauora
- Kia pai tō moe
- Te noho ora me ngā āhuatanga hauora mauroa
- Kia noho hei mātua pai
- Te whakaiti, aukati rānei i te kai hikareti

Te tūhono ki te ratonga pāpori tika, rōpū hapori, rōpū aroha rānei hei āwhina i a koe ki te rapu whare, kai, hononga pāpori rānei



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**E whakahaeretia  
ana e tō mātou  
Kaiako Hauora ētahi  
rōpū hauora i te  
whare haumanu.  
Pātai ki a rātou ko  
ēhea ngā rōpū e tata  
tīmata ana**

**Mō ngā toronga**

Mā tō tākuta, tō nēhi rānei e whakatūtaki i a koe ki te Kaiako Hauora, ka taea rānei e koe te pātai mō tētahi toronga kei te taupaepae.



**ACCESS & CHOICE**  
Wellbeing Support  
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*Ko koe ki tēnā ko au ki tēnei kīwai o te kete. Mā te Mahi tahi e kōkiri whakamua ai tātou*

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