

You could see a:

- Health Improvement Practitioner
- Health Coach
- Community Support Worker

Your Health Coach and Community Support Worker could be one person



Check out our website below for more information:

accessandchoice.co.nz

Practice name: _____

Practice phone number: _____

A&C worker name: _____

Hours available: _____



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

IT'S FREE!

This includes most GP practices in the greater Wellington region

To check whether your GP practice is included go to

accessandchoice.co.nz

Your medical centre might have this free service that can support your health and wellbeing



You can book an appointment today via your receptionist or GP

IT'S FREE!



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A Health Improvement Practitioner can help with:

Health Improvement Practitioner's are registered health professionals who can teach you strategies to manage mental, emotional, and physical health problems and collaborate with you to make a plan that will enhance your wellbeing and quality of life, such as:

- Stress
- Grief
- Chronic pain
- Sleep problems
- Anxiety, depression or feeling down
- Drug and alcohol problems



A Health Coach can help with:

Health Coaches can walk alongside you to help you gain knowledge, skills and confidence to help you reach your health goals, such as:

- Living well with long term health conditions
- Reducing or quitting smoking
- Healthy eating & how to get more active
- Sleeping well

A Community Support Worker can help with:

Community Support Worker can connect you with the right social service, community group, or charity to help you, such as:

- Housing
- Social Engagement
- WINZ
- Emotional health & wellbeing
- Managing medications and medication planning

