

Tēnā koe, Welcome to Green Prescription

WHAT IS GRx

- A written recommendation from your doctor or nurse to be physically active for better health.
- Sport Taranaki's GRx team provides the support.

WHAT YOU NEED TO DO

- Check consent and agreement terms overleaf.
- Think about these questions:
 - *What you would like to change?*
 - *How important is this change for you?*
- Then contact us by phone, email, or text to get started.
- Face to face meetings can be arranged if you prefer.

HOW WE CAN SUPPORT YOU

Phone you or meet with you to discuss your health goals around physical activity.

- Help you establish a plan to achieve and progress your goals.
- Help you decide on suitable options or ways you can increase physical activity.
- Advise on activities available in your community.
- Provide a discount card for trial memberships at selected gyms and discounts at aquatic centres.
- Help you keep motivated with regular contact.
- Māori cultural support is available if required. If this is of interest to you, please discuss this with your advisor in the first instance.

Ngā mihi: We look forward to talking with you soon:

Claire White ext 736 claire.white@sporttaranaki.org.nz

Gaylene Phillips ext 714 gaylene@sporttaranaki.org.nz

Georgia Smith ext 710 georgia.smith@sporttaranaki.org.nz

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Facebook Page: Green Prescription Taranaki

Website: www.sporttaranaki.org.nz

Address: Field No. 2, Yarrows Stadium, Maratahu Street, New Plymouth 4310

Your feedback is important to us. Please feel free to communicate with the team about your GRx experience through our online feedback form — <https://www.sporttaranaki.org.nz/health/grx-feedback-form/>

The benefits of keeping active are many and varied. While many of us know this, we lack the motivation or resources to make changes in our lifestyle that would result in better health. This could be for improved strength and balance, better weight management, a sense of wellbeing and mood management, reduced joint pain, or to reduce the risks of diabetes or heart disease. The list goes on.

The GRx team offer support to provide professional guidance and encouragement to help you maintain a plan for introducing lifestyle changes for an initial period of 3-4 months. We look forward to assisting you on your hauora/wellness journey.



Consent and Agreement Terms

By agreeing to proceed with your Green Prescription, you consent to Sport Taranaki sharing information with the Taranaki District Health Board and the Ministry of Health. Information shared will be for statistical purposes only and individuals will not be identifiable.

Sport Taranaki will comply with the Privacy Act 1993, Health Information Privacy Code 1994 and Health (Retention of Health Information) Regulation 1996. If you have any questions or concerns please discuss these with your GRx Advisor.

Sport Taranaki acknowledges the Code of Health and Disability Service Consumer Rights. For more information visit www.hdc.org.nz