

USING A HEALTH COACH

Who to refer?

- Any patient, any age!
- Any patient wanting support with behavioral changes and lifestyle improvement

What for?

- Stress management/Sleep hygiene
 - Goal setting
- Living with Diabetes, high blood pressure, low blood pressure, high cholesterol
- Connecting into the community and appropriate services
 - Obesity/Overweight
 - Follow up support

Our team!

Maria Tomaszewski

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Based in Whakatane area

Layne Rangi

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Based in Opotiki area

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Based in Kawerau/Edgecumbe

Free of charge

Patients can be seen as often as they would like.

Supporting GP's to reduce wait times.

Home visits.