

Resources for common health conditions

Also see www.healthnavigator.org.nz/ for more information and resources for specific conditions.

Resource title and information	
	<p>Breathe Easier with COPD</p> <p>32 pages</p> <p>Free to print</p> <p>The Asthma Foundation</p> <p>https://s3-ap-southeast-2.amazonaws.com/assets.asthmafoundation.org.nz/documents/Breathe-Easier-with-COPD-Resource.pdf</p>
<p>Local Respiratory Services</p>	<p>Ask your local respiratory services provider about the resources that they use for their patients with COPD.</p> <p>Find out about the local pulmonary rehabilitation or Better Breathing Programmes available locally and how to refer to them.</p>
	<p>COPD Management Plan – emergency action plan</p> <p>1 page</p> <p>Free to print</p> <p>The Asthma Foundation</p> <p>https://s3-ap-southeast-2.amazonaws.com/assets.asthmafoundation.org.nz/documents/COPD-Management-Plan-Resource.pdf</p>
	<p>My Wellbeing Action Plan – depression</p> <p>2 pages</p> <p>Free to print</p> <p>Health Navigator NZ</p> <p>https://www.healthnavigator.org.nz/media/1004/depression-action-plan-draft-v-10-july-2013.pdf</p>
	<p>Depression.org.nz</p> <p>Free online service for New Zealanders. It includes other people’s stories of living with depression, The Journal online help service and lots more information and tips. Also includes the Lowdown site for teens. https://depression.org.nz/</p>
	<p>Diabetes Resources</p> <p>A range of diabetes related resources are available from Diabetes New Zealand</p> <p>Order copies from https://www.diabetes.org.nz/resources-1</p> <p>Charge applies</p>

<p>Local Diabetes Service</p>	<p>Ask your local diabetes services provider about the resources that they use for their patients with diabetes.</p> <p>Find out about the local diabetes self-management education programmes available locally and how to refer to them.</p>
	<p>Food Portions</p> <p>2 pages</p> <p>Free for first 25</p> <p>Heart Foundation</p> <p>https://www.heartfoundation.org.nz/resources</p>
	<p>Cholesterol</p> <p>2 pages</p> <p>Free for first 50 - available in Chinese, Korean, Maori, Samoan, Tongan</p> <p>Order resources from Heart Foundation</p> <p>https://www.heartfoundation.org.nz/resources</p>
	<p>Blood Pressure</p> <p>2 pages</p> <p>Free for first 50 - available in Maori, Chinese, Korean, Samoan, Tongan</p> <p>Heart Foundation</p> <p>https://www.heartfoundation.org.nz/resources</p>
	<p>HbA1c – Where are you now?</p> <p>2 pages</p> <p>Free to print</p> <p>Ministry of Health</p> <p>https://www.healthnavigator.org.nz/media/1001/hba1c-diabetes-flyer.pdf</p>
	<p>Screening for Diabetic Eye Disease</p> <p>2 pages</p> <p>Free to print</p> <p>Ministry of Health</p> <p>http://www.health.govt.nz/system/files/documents/publications/screening-for-diabetic-eye-disease_resource_for_people_who_have_been_referred_for_screening.pdf</p> <p>or download order form</p>
	<p>Lowering Your Risk of Heart Attack and Stroke</p> <p>24 page booklet</p> <p>Free for first 25</p> <p>Heart Foundation</p> <p>https://www.heartfoundation.org.nz/resources</p>

	<p>Staying Well with Heart Failure</p> <p>48 page booklet</p> <p>Free for first 25</p> <p>Heart Foundation</p> <p>https://www.heartfoundation.org.nz/resources</p>
<p>Local Cardiology Services</p>	<p>Ask your local cardiology services provider about the resources that they use for their patients with heart failure.</p> <p>Find out about the local cardiac rehabilitation available locally and how to refer to them.</p>
	<p>Heart Failure Action Plan and Daily Checks</p> <p>4 pages</p> <p>Free to download http://assets.heartfoundation.org.nz/shop/heart-healthcare/non-stock-resources/my-heart-failure-action-plan.pdf</p>
	<p>Quit Smoking</p> <p>2 pages</p> <p>Free for first 50 - available in English, Chinese, Korean, Maori, Samoan, Tongan</p> <p>Order copies from the Heart Foundation https://www.heartfoundation.org.nz/resources</p>
	<p>Angina Action Plan</p> <p>1 page</p> <p>Free to download and print http://assets.heartfoundation.org.nz/shop/marketing/non-stock-resources/angina-action-plan.pdf</p>
	<p>Heart Attack Warning Signs</p> <p>1 page</p> <p>Free for first 25</p> <p>Heart Foundation</p> <p>https://www.heartfoundation.org.nz/resources</p>
	<p>Pain Toolkit</p> <p>Booklet and videos</p> <p>Pete Moore @ pain toolkit</p> <p>https://www.healthnavigator.org.nz/tools/p/pain-toolkit/</p>
	<p>Stop Gout</p> <p>12 page booklet can be printed A4 or A5 from the attached PDF</p> <p>http://www.health.govt.nz/system/files/documents/topic_sheets/stop_gout_booklet-dec2015.pdf</p>

<p>Healthy Lifestyle General</p>	<p>Good quality free resources can be obtained from Health Promotion Agency to download and print free on A4 or order free A3 posters http://nutritionandactivity.govt.nz/nutrition</p> <p>Vegetables.co.nz have good recipe ideas and healthy eating resources with a vegetable focus http://www.vegetables.co.nz/education-and-resources/order-prints</p>
--	--