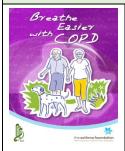


Resources for common health conditions

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

Resource title and information



Breathe Easier with COPD

32 pages

Free to print

The Asthma Foundation

https://s3-ap-southeast-

 $\underline{\textbf{2.amazonaws.com/assets.asthmafoundation.org.nz/documents/Breathe-Easier-with-COPD-Resource.pdf}$

Local Respiratory Services

Ask your local respiratory services provider about the resources that they use for their patients with COPD.

Find out about the local pulmonary rehabilitation or Better Breathing Programmes available locally and how to refer to them.



COPD Management Plan - emergency action plan

1 page

Free to print

The Asthma Foundation

 $\underline{https://s3-ap-southeast-2.amazonaws.com/assets.asthmafoundation.org.nz/documents/COPD-Management-Plan-Resource.pdf}$



My Wellbeing Action Plan - depression

2 pages

Free to print

Health Navigator NZ

https://www.healthnavigator.org.nz/media/1004/depression-action-plan-draft-v-10-july-2013.pdf



Depression.org.nz

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/



Diabetes Resources

A range of diabetes related resources are available from Diabetes New Zealand Order copies from https://www.diabetes.org.nz/resources-1

Charge applies



healthliteracynz Ask your local diabetes services provider about the resources that they use for their patients Local with diabetes. **Diabetes** Find out about the local diabetes self-management education programmes available locally and Service how to refer to them. **Food Portions** 2 pages Free for first 25 **Heart Foundation** https://www.heartfoundation.org.nz/resources Heart Cholesterol 2 pages HIGH Free for first 50 - available in Chinese, Korean, Maori, Samoan, Tongan Order resources from Heart Foundation https://www.heartfoundation.org.nz/resources **Blood Pressure** 2 pages Free for first 50 - available in Maori, Chinese, Korean, Samoan, Tongan **Heart Foundation**



HbA1c - Where are you now?

https://www.heartfoundation.org.nz/resources

2 pages

Free to print

Ministry of Health

https://www.healthnavigator.org.nz/media/1001/hba1c-diabetes-flyer.pdf



Screening for Diabetic Eye Disease

2 pages

Free to print

Ministry of Health

http://www.health.govt.nz/system/files/documents/publications/screening-for-diabetic-eyedisease resource for people who have been referred for screening.pdf

or download order form



Lowering Your Risk of Heart Attack and Stroke

24 page booklet

Free for first 25

Heart Foundation

https://www.heartfoundation.org.nz/resources

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Staying Well with Heart Failure

48 page booklet

Free for first 25

Heart Foundation

https://www.heartfoundation.org.nz/resources

Local Cardiology Services

Ask your local cardiology services provider about the resources that they use for their patients with heart failure.

Find out about the local cardiac rehabilitation available locally and how to refer to them.



Heart Failure Action Plan and Daily Checks

4 pages

Free to download http://assets.heartfoundation.org.nz/shop/heart-healthcare/non-stock-resources/my-heart-failure-action-plan.pdf



Quit Smoking

2 pages

Free for first 50 - available in English, Chinese, Korean, Maori, Samoan, Tongan

Order copies from the Heart Foundation https://www.heartfoundation.org.nz/resources



Angina Action Plan

1 page

Free to download and print http://assets.heartfoundation.org.nz/shop/marketing/non-stock-resources/angina-action-plan.pdf



Heart Attack Warning Signs

1 page

Free for first 25

Heart Foundation

https://www.heartfoundation.org.nz/resources

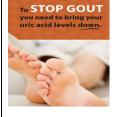


Pain Toolkit

Booklet and videos

Pete Moore @ pain toolkit

https://www.healthnavigator.org.nz/tools/p/pain-toolkit/



Stop Gout

12 page booklet can be printed A4 or A5 from the attached PDF

http://www.health.govt.nz/system/files/documents/topic sheets/stop gout booklet-dec2015.pdf

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Healthy Lifestyle General

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

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