



TE TUMU WAIORA

YOUR JOURNEY TO WELLNESS

Your Guide to seeing a Virtual Health Improvement Practitioner (Virtual HIP)

Information about your Virtual HIP session:

- This is not a GP medical appointment, or an acute service. If you are having a medical emergency, or thoughts of self-harm, please immediately call 111.
- You don't need a mental health diagnosis to see a Virtual HIP, however you will be asked safety questions before the session commences.
- These sessions are not traditional therapy. They are more solution focused, action orientated, and include evidence-based tools and strategies to manage - stress, anxiety, sleep, mood or lifestyle changes.
- Suitable for anyone experiencing stress, anxiety, health challenges, lifestyle challenges, or emotional difficulties.
- Virtual HIP provides short-term support, designed to empower you with skills and knowledge, to then manage your health and wellbeing independently.
- Your Virtual HIP will work closely with your GP, and other primary care providers, to coordinate further support or referrals if required.

Tips to get the most out of your Virtual HIP session:

- Make sure you can connect to Manage My Health.
- Ensure you are in a quiet and private space.
- Allow at least 30 minutes for the appointment.
- Check your phone or computer is charged.
- Make sure your internet connection is reliable.

Visit: mahitahihauora.co.nz/virtualhip



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