

Prioritise your wellbeing with habithealth+

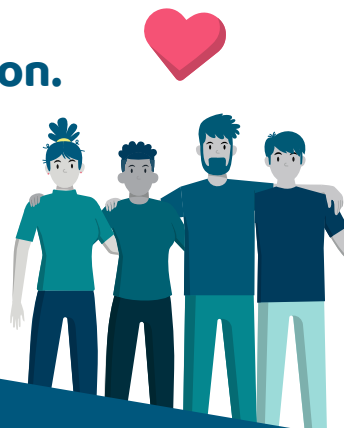
The habithealth+ app is designed to help prioritise wellbeing by providing around-the-clock guidance, support and motivation to manage all aspects of your health and wellbeing.



habithealth+ is easy to download, onboard and use within minutes.

We are completely independent of your organisation.

Our service is 24/7, free and confidential.



We can see you



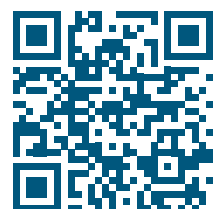
In person



By phone



Online



Scan here to book now

Book online:
book.habit.health/eap

Phone:
0800 327 669



Your guide to Wellbeing



Prioritise your wellbeing with habithealth+

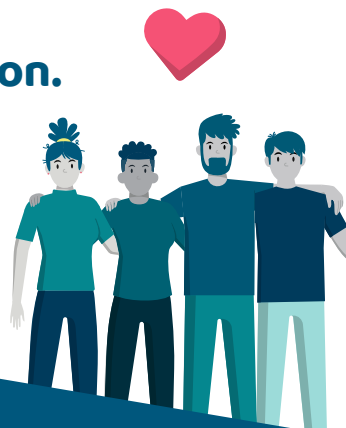
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Your guide to Wellbeing



**Our services
are designed to
support you to
learn skills and
strategies to
improve your
overall health
and wellbeing.**



Our services

We're here to help you improve your overall health and wellbeing with a range of services

Counselling Sessions

Counselling provides a valuable resource for addressing both work-related and personal issues with a trained professional.

Health Coaching

Health coaching provides a range of personalised, collaborative, services designed to help you achieve your health and wellness goals.

Services includes:

Fitness Coaching | Nutritional Support | Sleep and Fatigue Health Coaching | QuitHelp – Smoking and Vaping | Healthy Heart – Cardiovascular Coaching | Pain Management | Headache Management

Financial Guidance

Financial counselling is about more than just money. Our team provide practical advice and tools in a relaxed and easy to understand manner.

Legal Guidance

Our Legal Guidance service is a confidential service that has been designed for those seeking legal advice about personal, non-employment matters.

Career Guidance

Unlock your potential with our career guidance service, offering personalised guidance, professional development, and support.

Rongoā Māori

A te ao Māori approach to wellbeing for anyone in Aotearoa.

Call us on 0800 327 669

Menopause Support

Menopause Support is a service for those experiencing the impact of perimenopause or menopause, and includes a four-session treatment plan.

Talk to your manager about how to access this service.

Habit Health WellbeingHub

The Habit Health WellbeingHub provides resources to support the physical and mental health of your team. From managing personal health and fitness, to relationships in the workplace - the hub has a range of resource to support your team.

Sign up at wellbeinghub.co.nz



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