

Kimihia ngā ratonga tiaki hauora e tika ana mōu me tō whānau

Ko te wāhi pai katoa hei tiaki i tō hauora ko tō rata, ko tō ratonga hauora rānei. Kimihia tētahi rata i healthpoint.co.nz

He whānui ngā kōwhiringa tiaki hauora hei whai māu ki te kore koe e āhei ki te kite i tō rata. He nui e wātea ana i ngā hāora tōmuri me ngā mutunga wiki.

Healthline 0800 611 116



- He tohutohu utukore i te waea nā ngā tapuhi me ngā manapou tata, ao noa, pō noa.
 - He rata Māori e wātea ana mēnā kāore ō rata, mai i te 8 i te ata, ki te 8 i te pō i ngā rā o te wiki.
 - Tukua mai he whakaahua, he ataata rānei hei whakamārama i ō tohumate.
 - Tonoa a Healthline kia waeahia koe.
- Toro mai ki info.health.nz/healthline

He tāpui rata ā-ipurangi



- He tāpui ā-ipurangi, ā-waea rānei me te rata, mēnā kāore e āhei te pērā i te taha o tōu ake rata.
- E wātea ana i ngā wā katoa, i ngā hāora tōmuri me ngā mutunga wiki.
- He tāpui iti te utu mā ngā tamariki me ērā he kāri ratonga hapori ā rātou i ētahi ratonga.

Kimihia tētahi rata i info.health.nz/OnlineGP

Toa rongoā



- He tohutohu mō ngā rongoā me ngā mate iti, pēnei i te maremare, ngā hakihi me te torotiti.
- He nui anō ka āwhina i ngā toretore kanohi, ngā mate aramimi, ngā ārai hapū ohotata, ngā rongoā āraimate me ētahi atu mea.
- Ka āhei pea ētahi ki te hoatu rongoā mō ētahi rā ki te pau i a koe ōu, waihoki, e pīrangi tūtohu ana koe.

Kimihia tētahi toa rongoā i healthpoint.co.nz

I ngā hāora tōmuri me ngā whare haumanu ohotata



- He āwhina i ngā hāora tōmuri, he āwhina ohotata rānei mēnā kāore tōu ake rata e wātea ana, waihoki, me kite ā-kanohi koe i tētahi.
- Me he take ohotata, pēnei i te whati, te takoki, ngā motu kino, ngā tūkinga upoko, ngā wera iti, ngā mate kanohi, ngā mate taringa, ā, mēnā kei te tino māuiui koe
- He tāpui utukore mā ngā tamariki, he tāpui iti te utu mā ērā he kāri ratonga hapori ā rātou i ētahi whare haumanu.

Kimihia tō whare haumanu tūtata i healthpoint.co.nz

Toro mai ki info.health.nz he tohutohu ā-hauora, he kōrero anō mō ngā ratonga kei konei.

Health New Zealand
Te Whatu Ora