

Green Prescription (GRx)

What is it?

Green Prescription is a government-funded free health and wellness scheme designed to support those with long-term health conditions, or those would benefit from more physical activity and healthy eating support. Conditions might include arthritis, gout, obesity, pre or type 2 diabetes, asthma, mental health conditions, and heart conditions. It is for people who wish to increase their wellbeing and would like support to get there.

Rongoā Kākāriki
GREEN
PRESCRIPTION

How a Green Prescription can help?

Staying active can be beneficial for your body and mind. Not only can it boost your mood, but it can also help you to:

- Feel more confident, happy, and relaxed
- Have more energy throughout the day
- Improve your cholesterol and blood sugar levels
- Maintain a healthy weight when combined with healthy food choices
- Reduce stress, feelings of anxiety, and depression
- Lower your blood pressure
- Improve your sleeping habits
- Keep your bones strong
- Cope better with asthma and breathing problems
- Increase flexibility, mobility, and reduce the pain of arthritis
- Reduce the risk of some types of cancer
- Reduce the risk of falling

Am I eligible?

For adults 18+ years of age, you are eligible if your condition is stable and you are willing to work on your wellbeing
[Green Prescriptions](#) | [Health Navigator New Zealand](#)

Children aged 5-18 can access the scheme through the Active Families Programme [Active Families programme](#) | [Health Navigator NZ](#). This is designed for children who would benefit from healthier eating and more physical activity and who have the support of their family/whanau.

You can access the scheme if pregnant through Maternal Green Prescription [Maternal Green Prescription](#) | [Health Navigator NZ](#). This is designed to help set you up on your wellbeing journey through pregnancy and beyond.



How can I get a Green Prescription?

The scheme is available across most of New Zealand/Aotearoa. You can get a referral through your health professional (such as your GP, practice nurse, paediatrician, health coach, Māori and Pacific health providers), or you may be able to self-refer (see a list of providers here you can contact) [Green Prescription contacts](#) | [Ministry of Health NZ](#) or contact 0800 ACTIVE (0800 228 483).



What kind of support can I expect?

You will be supported to create a way of life that sustains your wellbeing in a way that works for you. A support person will contact you and you will set goals and make an action plan. Your support person will check in on you regularly, either face-to-face or via text or phone, help motivate you to keep going, provide activity and healthy eating options, provide information, connect you with community resources and groups, and most importantly – encourage you! [greenprescriptionprocess-forprimaryhealthcare.pdf](#)



What is in your area?

Not all regions have Green Prescription; some run other programmes such as MAP (Mobility Action Programme) – a short-term evidence-based programme focusing on education and exercise for musculoskeletal conditions such as osteoarthritis. Age Concern runs community classes all over New Zealand; they also run a weekly live Zoom class you can do at home. Check out your local council and regional sports trust websites to see what is available in your area.

- Community exercise classes [Find a class near you \(livestronger.org.nz\)](#)
- Age Concern weekly live zoom class <https://www.acwellington.org.nz/saygoexercise/>
- Arthritis NZ YouTube exercise class [Exercise For People With Arthritis - YouTube](#)
- Arthritis NZ exercise resources [Exercise and arthritis - Arthritis New Zealand](#)
- [Exercises you can do at home](#) | [Nuku Ora](#)

**Learn more
and find support**



Scan QR to visit
the Arthritis NZ
website

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 www.arthritis.org.nz
 0800 663 463