

Pae Ora Ferns

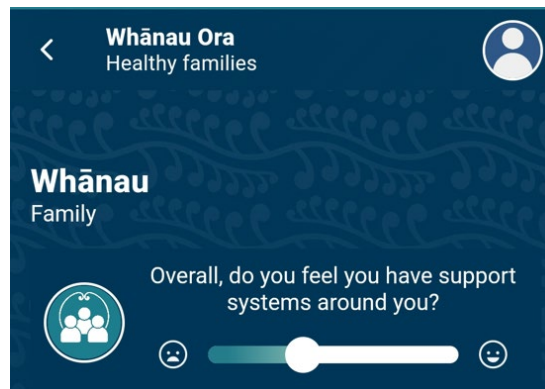
Growing your ferns towards Pae Ora

Ferns

The ferns on your home page reflect your state of health and wellbeing according to your Pae Ora plan and how you are feeling in each area of Pae Ora.

To update your ferns:

1. Go to each of the areas of **Mauri Ora**, **Whānau Ora** and **Wai Ora**
2. Move the **sliding scale** to show how you feel about each area.



3. Go through each section by clicking **next to go to the next areas of Hauora**.
4. Click **complete** at the last hauora area to **save** your Pae Ora plan

