

Te Ara Pae Ora is a **free** hauora health and wellness app for you, your whānau and your support network.

Use Te Ara Pae Ora to look at your wellbeing in a holistic way; and access help and information about services that can support you.



Karawhiua!

Download the app today

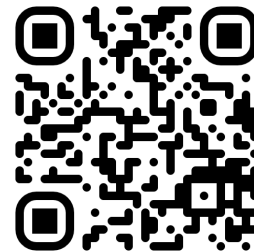


Contact us

For support or more information

www.tearapaeora.nz

help@tearapaeora.org.nz



Te Ara Pae Ora was developed by Tū Ora Compass Health, in partnership with local organisations for the wider Wellington region.



TE ARA PAE ORA

Supporting you and your whānau to create a pathway to a healthy future





How can Te Ara Pae Ora help me?

Control your information
Share what you want with the
people you trust.

Find hauora support
Find information and links about
services, events, organisations
and resources across all areas of
your hauora (health and
wellbeing)

Share your kōrero
Use it as a journal to document
your Kōrero (what matters to you),
so you don't need to repeat your
story to people that you decide to
share it with.

Connect
Contribute to other's health and
wellbeing by encouraging friends
and whānau to join up too. You
may also be able to connect with
some local organisations directly
from the app.



Your pocket kaiāwhina

Your health is affected by
everything that surrounds you.

Te Ara Pae Ora guides you to weave
all areas of your hauora together
using the Māori holistic health
concept, Pae Ora.

Pae Ora

Healthy Flourishing futures for all
New Zealanders

Mauri Ora
Your Individual wellness



Whānau Ora
Your relationships and
connections



Wai Ora
Your surroundings and
environments

