

## 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



**Wairua**  
Spirituality



**Hinengaro**  
Mental Health



**Lifestyle Choices**



**Tinana**  
Physical Health

#### Whānau Ora

Your relationships and connections



**Whānau**  
Family



**Pūtea**  
Financial

#### Wai Ora

Your surroundings and environments



**Mahi**  
Work



**Whare**  
Housing

## Karawhiua!

Download the app today



## Contact us

**For support or more information**

<https://tearapaeora.nz>  
[help@tearapaeora.org.nz](mailto:help@tearapaeora.org.nz)

If you need urgent support, phone **111** in an emergency, contact your GP, call Healthline on **0800 543 354** or call or text **1737** to talk to a trained counsellor.



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

Continue your Hauora  
Wellness Journey with the  
Te Ara Pae Ora app.



## Hauora Plan

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

Connect to your Hauora Plan with the Te Ara Pae Ora app to continue your wellness journey.



## How can Te Ara Pae Ora help me?

### Continue your journey

Keep track of the goals and actions you set in your hauora plan.

Update your progress to share with your health team at your next appointment.

### 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 Te Ara Pae Ora to write your Kōrero (what matters to you) whenever you wish

### Invite

Invite your support people to view your hauora plan to support you in your goals

## How do I access my Hauora Plan?

1. **Download** the 'Te Ara Pae Ora' app or visit [www.tearapaeora.nz](http://www.tearapaeora.nz)
2. **Register** using the e-mail address used for your Hauora plan
3. You will receive an email to **activate** your account
4. Add your own secure password

*Mīharo!* - Now you can login to view and update your hauora plan.

### Need help?

Visit our website for more information and app support

<https://tearapaeora.nz>